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VEGETARIAN TIMES

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A camp that encourages food awareness



A family that branched out



Salsa—as hot as you like it

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THE PROBLEMS WITH A FRUIT-ONLY DIET

My grandson, after being an ardent vegetarian with fruitarian leanings for two years, developed back trouble in 1979 and was told by a very knowledgeable chiropractor/nutritionist that although he could give temporary relief, the basic cause was a nutritional deficiency. My grandson was urged to correct his diet by including more nuts and seeds. It worked. Unfortunately, my grandson omitted the nuts and seeds after several months, and again the problem returned. But this time he was advised to consume not only nuts and seeds, but also grains and dairy products. He did, and now the problem seems under control again.

I report this to you for whatever benefit your readers may derive from it. It seems to me that while vegetarianism is definitely a good thing, some people can carry it to the point where they can do harm to their bodies. —*Jessie C. Burt, Salem, Va.*

Editorial Reply: In this issue there is an article on the fruitarian diet ("The Leanest Diet of All"). Although such diets may be beneficial for short periods and while some people may wish to follow such a diet for other personal reasons, we do not recommend such a diet for the long term. A fruitarian diet would be, at best, a cleansing diet or could be used for a brief period as a personal experiment. We do not advise following such a diet for long periods.

GANDHI'S PIONEERING WAYS

Thank you for the fine article on Gandhi [March 1983]. Although it is well-known that Gandhi revitalized the vegetarian movement in India, it is less well-known that he was one of India's first pioneers to introduce soybeans and soyfoods.

Gandhi first mentioned soyfoods in a 1935 issue of his magazine *Harijan*. That same year he reprinted a report on soybeans which listed the nutritional and medicinal values of soybeans. The article explained how to make soy milk, soy flour and soy coffee. Another issue of *Harijan* that year reported that soybeans had been introduced into the communal diet at Gandhi's ashram. Gandhi found soybeans to be rich in protein and more economical than other beans. Eventually soybeans came to replace all other beans in the communal diet.

Gandhi reported that everyone at the ashram thrived on the new soyfoods diet. In 1936 he published a dozen soyfoods recipes, including techniques for making tofu, shoyu sauce and soybean sprouts.

Gandhi's work still serves as an inspiration in India, which is fast becoming a ma-

jor soybean growing and soyfoods using country. Today, India, where 50 percent of the population is vegetarian, is the world's ninth largest producer of soybeans. —*Bill Shurtleff, Director, The Soyfoods Center, Lafayette, Ca.*

Bill Shurtleff is co-author, with Akiko Aoyagi, of The Book of Tofu (Ballantine Books) and other works on soyfoods.

THE VALUE OF EDUCATION

I would like to compliment you on your fine editorial, "Myopia and the Man-Made Heart" (March 1983). I think your views on public education and diet are right on target. If only our government would take the initiative and spend tax dollars on education instead of million-dollar artificial hearts. —*Brainard Lay, Eagle Point, Oregon*

Note: Readers can obtain a copy of the March editorial by sending a self-addressed, stamped envelope to: Editorial, P.O. Box 570, Oak Park, IL 60303

WHAT NEW SUBSCRIBERS ARE SAYING

I'm a new subscriber to your magazine. I subscribed mostly out of curiosity. After reading two issues, however, I have found your publication to be the most interesting, objective and informative health magazine I've seen yet. Keep up the good work. —*Steve Blane, Pawling, NY*

Just thought I'd write to say how pleased I am with the first two issues of your magazine. I feel like showing *Vegetarian Times* to non-veggers, just to prove that we're no glassy-eyed fanatics.

The articles are sensible and filled with good practical advice. There's no tirades on how meat-eaters are scum. Just an adherence to the principles of vegetarianism with respect for others. Keep it up. —*Linda Dundrea, Baltimore, Maryland*

I'm a new subscriber to *Vegetarian Times*. I learned about it through a friend, and after my second issue I must say I do enjoy it. I especially like the recipes. I have been a vegetarian for four years, and I have a family of five. I learned to cook vegetarian meals mostly through trial and error, but with your magazine I now have a source for many good recipes. —*Gunda Shackelford, Chicago, Ill.*

Put it in writing. Letters should be sent to Letters, P.O. Box 570, Oak Park, IL 60303. All letters are subject to editing for clarity and brevity

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Pushing the Limits of Culinary Exploration

The "Explorer's Club" is a relatively small, somewhat elitist group of adventurers who call themselves "a multi-disciplinary professional society, dedicated to the advancement of field research, scientific exploration, and the idea that it is vital to preserve the instinct to explore."

They're a prestigious lot, these Explorers. Members past and present have included such people as Teddy Roosevelt, Charles Lindbergh, Lowell Thomas and Neil Armstrong. Members of this fraternity think of themselves as adventuresome and intelligent. They're like a cross between the "Camel Man" and Mensa.

On April 9 the group held its annual dinner at New York's Waldorf Astoria hotel. And, as you might expect, the food wasn't ordinary fare. Included in the *hors d'oeuvres* were hippo liver pate, mountain lamb testicles, civet of beaver, lion patties, mountain buffalo steamship roast, mantay wings, Atlantic jellyfish and the somewhat more mundane turkey tidbits. (Although the menu also called for alligator tails and moose mousse, the caterer was unable to deliver the goods.)

The salad included conch and squid. The main meal featured rack of lamb. I didn't ask about dessert.

1241 people attended this culinary extravaganza, which was quite a showing. Nationwide, the Explorer's Club has only 3,500 members and only 500 of them live in the New York area. It is quite likely, then, that at least half of the guests traveled to New York for the privilege of paying \$75 each to swap safari stories and to sample such "delicacies."

What, I wondered, was on their minds when this menu was dreamed up. Perhaps, while crossing the Sahara, the mind of the meal planner was altered by the intense heat, or maybe someone became delirious after having fought with a cobra over who would get to eat the mouse.

Were these the "real men" I'd read about in Hemingway novels? Or were the Explorers mere mortals, "armchair explorers" who thought it exciting enough to eat big game in the Big Apple? Let's face it, what kind of person eats lamb testicles and then talks about it to the press?

After some exploration of my own, I finally reached the man behind the menu.

He is Phillip Seldon, editor and publisher of *Vintage*, a magazine for wine connoisseurs. Mr. Seldon heads the *hors d'oeuvre* subcommittee of the organization.

Mr. Seldon explained that the exotic items on his menu were in "keeping with the tradition of exploration."

I asked him if any of the members got squeamish at the idea of eating mountain buffalos, hippos and lions.

"Nobody has ever complained," he told me. Mr. Seldon added that last year the meal featured "lugworm stew" which was some sort of Aboriginal delicacy. (I didn't ask him which wine he chose to accompany this treasure.)

"It's all a matter of familiarity," Seldon explained. "To many people in this country, the foods seem exotic (even cruel), but if you were in other parts of the world these are things you might come across, and we

feel therefore that as Explorers we should serve something unusual."

I could understand his sentiments, but I felt sorry for his hopeless romanticism. Contrary to his illusions, the natives of the world do not sit around and eat big game. Perhaps Mr. Seldon had seen too many British safari movies.

I also could not grasp his apparent lack of sensitivity to wildlife issues. Hippos and lions are threatened if not quite endangered. And you would hope that explorers might like to see these beasts in the wilds rather than on their dinner plates.

And as for "something unusual," there are literally thousands of unusual plant foods for people to explore. How about cooking with the incredible "winged bean," or seaweed, or eating loofahs? Why not explore the incredible possibilities of tofu? How many Explorers have ever tasted amazake, tempeh or even miso soup?

"We did try some seaweed last year," Seldon said. "Maybe your readers could send us some recipes."

Where there's receptivity, there's hope. Perhaps next year the Explorers can try some really unusual recipes from the plant kingdom. Perhaps next year their menu can be in truly good taste.

Send your recipes to Phillip Seldon, c/o The Explorer's Club, 46 E. 70th, New York, NY 10021. —Paul Obis

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Illinois high school students taking part in the Whole Foods Taste Test

WHOLE FOODS PASS TASTE TEST

Have a happy, healthful whole meal!" said the poster greeting 200 students, staff members and guests at the Whole Foods Taste Test held at the Oak Park-River Forest High School in Illinois recently. From the smiles and comments of participants, that is just what they did.

The taste test was a buffet luncheon featuring tempeh (fermented soybean) burgers, brown rice sushi, arame (a seaweed) salad, light miso soup, marinated vegetables, maple nut cookies, herbal tea and apple cider. A two-page program outlined the benefits of the assorted dishes and an after-test survey showed that the marinated vegetables, tempeh burgers and miso soup were big hits.

The buffet was an outgrowth of teacher Sue McCann's Alternative Nutrition Class. "We present students with an opportunity to learn various approaches to dietary habits and patterns," she explained. "They can and will make their own choices because food selection is a highly personal decision. However, if choices exist, we want students to be aware of them and encourage them to take responsibility for their own health and well-being."

Melora Jacober, one of the chefs, felt the taste test was valuable in "exposing a student population to nutritious whole foods cooking without preservatives, refined sugar, white flour and saturated animal fat."

Steve Burnett, a senior at the school, said, "I don't think we would've eaten this food unless we did this. It has more of a real flavor and appeal instead of puffed whipped products like Twinkies. It's solid."

The entire event required sixteen hours of work from twenty volunteers; food was donated by local retailers Chip N Dale's Natural Market, the Whole Food and Grain Depot and Nature, a nutrition awareness group.

For more information about the taste test, send an SASE to Sue McCann, Box 946, Oak Park, IL 60303. —Barbara Mullarkey

CAFFEINE CAUSES IRREGULAR HEARTBEAT. STUDY SHOWS

The caffeine contained in just two cups of coffee, tea or cola can cause potentially dangerous changes in the human heartbeat, a recent study shows.

In a study of 19 people, all but two experienced irregular heartbeats after drinking two cups of coffee. Two of those patients experienced a heart rhythm change that can cause sudden death, reported the *New England Journal of Medicine*.

Twelve of the patients studied had experienced heart palpitations in the past, and seven had no history of heart trouble. But all of the subjects were affected by the coffee, doctors said.

During the test, several of the people had

irregular beating of their atria, the blood-holding chambers of the heart. This is the familiar fluttering sensation and is thought to be harmless. However, this irregularity lasted considerably longer after the coffee.

GOVERNMENT SAYS SMOKING IS AN ADDICTION

The federal government has finally recognized what scientists and doctors have been saying about cigarettes for years: smoking is an addiction. A new pamphlet put out by the Department of Health and Human Services, calls smoking an "addiction" and compares nicotine to powerful narcotic drugs.

"We decided to stop mincing words. Smoking is not just a habit. It really hooks you," government official Judy Murphy said in *Medical World News*.

Congress wants to use the word addiction in stronger warning labels on cigarette packs. One proposed warning reads, "Cigarette smoking causes lung cancer and emphysema, is a major cause of heart disease, is addictive, and may result in death."

THE DEBATE ON PROLONGING LIFE

About seven out of 10 Americans believe costly life-support systems should be withdrawn from patients with little chance of recovery in order to hold the line on hospital and insurance costs, the American Hospital Association reports.

The Chicago-based association said a national survey it commissioned showed younger people were more likely than older ones to back continuing use of sophisticated machines to prolong life. And those with incomes below \$40,000 were more likely to support extended use of such equipment.

VEGETARIAN DIET SAID TO REDUCE HEART DISEASE SYMPTOMS

A vegetarian diet and stress control can reduce the severity of symptoms in heart disease patients, a study shows. Reported in the *Journal of the*

American Medical Association, the study provides support for advocates of natural, nonmedical therapies for treating disease.

A team of 14 investigators based in Houston conducted the study on 46 patients with clogged coronary artery disease, which causes a form of chest pain called angina. The patients ranged in age from 45 to 75.

For 24 days, half of the patients adopted a vegetarian diet free of sugar, alcohol and caffeine and very low in salt. They spent up to five hours practicing yoga-like relaxation and meditation techniques. The other group continued normal activities at home.

At the end of the study, the vegetarians could, on average, exercise 44 percent longer than before the study started. They also experienced a 20 percent reduction in their blood levels of cholesterol. Attacks of angina pain, which occurred about 10 times a week on average, decreased to once or twice a week. Laboratory tests indicated improvement in heart muscle function among those on the vegetarian diet. Eight patients discontinued taking drugs for high blood pressure and 10 others were able to reduce their dosages. The control group of patients didn't experience any comparable changes.

HERBAL EXPERT DR. CHRISTOPHER DIES

World renowned herbalist Dr. John R. Christopher died recently at his home in Covered Bridge Canyon, Utah, at the age of 73. Christopher was a foremost authority on herbology and natural healing and lectured extensively in the United States and abroad during his lifetime.

LUNG CANCER DEATHS AMONG WOMEN ON THE RISE

Cancer researchers predict that lung cancer is about to replace breast cancer as the number one malignant disease affecting women in the United States.

The change will come in the next four to five years. Even if every woman were to stop smoking tomorrow, the rise in lung cancer would continue, the researchers said, because of the long latency period for lung cancer. Increased smoking among women is believed to be the major cause of the rise.

The researchers deplored the tendency of teenage girls to smoke cigarettes, and said

advertising campaigns mounted by cigarette companies take advantage of that tendency. They noted that while the editorial content of many women's magazines is heavy on health news, the advertising in these magazines is full of glamorous enticements for one of the leading causes of cancer.

BALANCED DIET FOR FAMILY OF FOUR JUST \$58 A WEEK

A family of four can have a well-balanced diet for \$58 a week by using beans instead of meat and drinking fruit juice instead of soft drinks, the USDA reports.

The agency studied food patterns in low-income homes and followed the 1980 recommended dietary allowances for nutrients. It found that for \$58 a week, the current maximum weekly food stamp allotment for a family of a mother and three children aged 3 to 14, a family could prepare nutritionally balanced meals.

The USDA developed the low-cost meal plan to be used by nutritionists, social workers and home economists. The plan calls for more dry beans and nuts, more grain products and more vegetables and fruit. It also calls for fewer soft drinks and eggs, and less sugar, cheese, meat, poultry and fish.

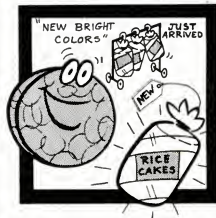
SCIENTIST FORECASTS COLLAPSE OF U.S. AGRICULTURE BY 2020

A Harvard-trained economist has forecast the collapse of the U.S. agricultural system by the year 2020, if the current rate of depletion of our agricultural resources, including cropland, groundwater and fertilizer, is allowed to continue.

Robin Hur, a researcher for the Bethesda-based Vegetarian Information Service who holds advanced degrees in mathematics and business administration from Harvard and Brandeis Universities, told members of Congress and administrative officials at a news conference that the collapse will have disastrous consequences for the national economic and social structure.

Even before the ultimate collapse, Hur said, our heavy reliance on animal agriculture will continue to exact a heavy toll on consumer health, world hunger, welfare of farm animals, the environment and the national economy.

WE'VE GOT NEW DUDS!



Chico-San's Premium Rice Cakes, made from Organically Grown Brown Rice, now packaged in an attractive, convenient, see-through bag. The new design extends the "classic" motif of its earlier Organic label, stylized rice stalks bending into a circle, to the entire package design. The new design complements the premium quality of the Rice Cakes with Organically Grown Brown Rice, and is an affirmation of Chico-San's commitment to providing products from organically grown ingredients.

Organic Rice Cakes are now available in eight flavors, including Rice Only (both Sodium Free and Low Sodium), Rice Only is Chico-San's new variety, made without sesame seeds—just rice only. (The Low Sodium flavor has a pinch of salt added.)



Besides our famous Rice Cakes, Chico-San's natural food products include: Carob Crunch, Golden Rice Nuggets, Yinnies Taffy, Yinnies Carmels, Yinnies Rice Syrup, Organically-Grown Brown Rice, Whole Brown Sesame Seeds, Black Soybeans, Azuki Beans, Lima Soy Sauce, Lima Tamari, Rice Malt Vinegar, Soybean Puree, Sesame Oils, Other Natural Condiments, Seaweeds, and Herb Teas.

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SOVIET UNION: IT'S NOT A DOG'S WORLD

While dogs are revered as man's best friend in America, our four-legged friends are not very popular in the Soviet Union.

The Advanced International Studies Institute in Washington, which monitors emerging trends in the Soviet press, has noted a sharp increase in anti-dog letters and articles. Apparently problems of poor dog-control measures, food shortages, and a general negative attitude toward dogs have escalated to the point where some Soviet citizens are calling for the destruction of all pet dogs.

Ownership of dogs in Soviet society is regarded as a distinctly anti-proletarian habit, whereby food that could have been used to feed humans is shunted to "unproductive animals."

However, though many Soviets view dogs as worthless animals, they've apparently found one good use for them. At the moment, a trend-setting Soviet publication reports that dog-fur hats, selling for

about \$260 per hat, are "a real hit among young people of both sexes."

DUTCH WORKING TOWARD ALTERNATIVE TO DRAIZE TEST

A new test for assessing the eye toxicity of cosmetics, toiletries and consumer household products currently being developed in The Netherlands may soon be an alternative to the Draize rabbit eye test, reports the *International Journal for the Study of Animal Problems*.

Though the new test involves the continued use of animals, it promises to reduce the number of animals used in the Draize test. The test involves using the eyes of rabbits that were previously used and killed for other experimental purposes. The dissected eyes are placed in a culture dish, and the test chemical is added to the culture medium. Later, the effects of the test chemical are assessed by inspecting the degree of irritation of the cultured eye tissue.

The new test is a joint venture by the Dutch Society for the Protection of Animals, the research institute T.N.O., and the Dutch Beauty Without Cruelty Foundation. Dutch animal rights groups are looking for alternatives to the Draize because a bill likely to be passed in the Dutch parliament this year will dramatically increase the number of animals required for toxicity testing.

GENETIC MANIPULATION OF LIVESTOCK PROBABLE

Farm animals twice their normal size could be commonplace within the next decade. Recently a gene which controls growth in rats was successfully transplanted into a mouse embryo. The result was a mouse double its normal size. The mouse was later bred, and its offspring were also enormous.

Naturally, food animal producers are looking at this research with hungry anticipation. Researchers say genes from elephants or oxen could be used to produce huge cows and other farm animals. The quality of the meat would probably be the same, thus increasing production and profits. However, other researchers warn that producing gargantuan animals could easily throw species out of balance with their environment.

GROUP PUSHES FOR VEGGIE BURGER AT McDONALD'S

An international coalition of vegetarian and animal rights groups have launched a "Boycott McDonald's" campaign, hoping to pressure the fast food chain into adding a non-meat veggie burger to its menu.

Nellie Shriver, president of the American Vegetarians, said the boycott is more for non-vegetarians than vegetarians. "We want to make it easier for people to become vegetarians," she said of the coalition, which has representatives in Europe, Africa, Canada and the United States. "McDonald's has a moral responsibility to provide an alternative for vegetarians. Non-vegetarians and vegetarians have a right to a non-meat sandwich that is fast, hot and satisfying."

The coalition also asks that McDonald's replace throw-away plates, cups and napkins with cotton or recycled paper products in its 4,000 outlets. Coalition supporters plan to publicize the campaign by contact-

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ing the media, picketing, writing letters to McDonald's and organizing other environmental, humane and vegetarian groups to join.

The Boycott McDonald's campaign is an off-shoot of the Boycott Burger King Coalition, a year-and-a-half-old nationwide campaign against the sale of veal sandwiches at that fast food chain. The 70-group coalition picketed Burger King in 20 major U.S. cities, including New York, Washington, Chicago, Boston, Denver, Newark and Miami. Coalition members say the campaign played a significant role in the withdrawal of the veal parmigiana sandwich from more than two-thirds of all Burger King outlets in the U.S. The corporation recently reported that veal sales fell from 11 percent to 2.5 percent in test markets around the country.

McDonald's boycotters hope to ride the wave of the successful Burger King campaign. The McDonald's coalition will concentrate its efforts on the chain's European outlets, while the BK group continues its efforts to end the sale of veal sandwiches in the U.S. "We hope to be at least as successful as the Burger King boycott," Shriver told *Vegetarian Times*. "We're prepared to stick this out for several years."

REGULAR TESTICLE CHECK URGED

Men between 20 and 40 years old should examine their testicles monthly as women are advised to do with their breasts, a noted cancer surgeon says.

Dr. George R. Prout, professor of surgery at Harvard Medical School, said that the cautionary procedure could reduce the likelihood of death from a rare but serious group of malignancies affecting the testicles of young men. Suspicious changes in the size or feeling of a testicle may result in its removal, he said.

Testicular cancer strikes about 5,500 U.S. men each year and kills about 950, according to statistics compiled by the American Cancer Society. This death toll could be cut considerably, Prout said, if self-examination became as common among men as it is among women.

Small and subtle changes in the testicles, if left alone, can run rampant and spread cancer throughout the body, he said. But men are often reluctant to have surgery to remove a testicle because they are afraid it will affect their ability to perform sexually. Prout also blamed doctors for being more reluctant at times to remove reproductive organs from a male than they are when the patient is female.

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NEWS DIGEST

A recent study at a Buffalo, New York, medical center showed that doctors don't promote testicular self-examinations to their patients. Only two of the 266 men surveyed said they'd been told of the symptoms of testicular cancer and how to exam their testicles by a doctor. The survey researchers noted that neither the American Academy of Family Physicians nor the American College of Physicians has an official policy on telling patients about self-examinations.

TESTING PROGRAM FOR RESIDUES IN MEAT, CALLED INADEQUATE, CUT EVEN FURTHER

While the U.S. Food and Drug Administration (FDA) estimates that the residues of from 500 to 600 toxic chemicals may be present in the meat sold in this country, government tests screen for only 60 of these chemical residues. Moreover, testing for these established toxins is performed on a random basis and, because of cutbacks in the federal budget, only 17,000 samples were tested in 1982, 15% fewer than in 1981. These samples were taken out of a total of about 4.4 billion animals slaughtered annually.

In 1980, Dr. Donald Houston, the administrator of the Agriculture Department's Food Safety and Inspection Service asked Congress for more funds to increase residue sampling, explaining, "This option appears unrealistic when viewed against our present budget, but may turn out to be cost effective when viewed from the total government-wide budget for controlling toxic substances and the government and private costs associated with a contamination incident."

A former assistant secretary of agriculture, Carol Foreman, is critical of the government's testing procedures. "I have always made the assumption that we were missing a good part of the contamination," she told *The New York Times*.

"There is a good chance that the American public consumes meat with violative levels of carcinogenic and teratogenic chemical residues with some regularity," she testified before Congress.

Among the chemicals which are not monitored are polybrominated biphenyl (PBB), suspected of causing cancer, or dioxin, a component of the herbicide Agent Orange. Dioxin gets into animal tissue when grazing animals consume vegetation which has been sprayed with the chemical. Dioxin is a component of the herbicide 2,4,5-T which is used to kill weeds and

other undesirable vegetation on range lands.

The cost of testing for dioxin levels is considered prohibitively expensive at the rate of \$1,000 to \$1,500 per sample.

Even if testing for toxic residues were increased extensively, many believe the worst aspect of the problem would still not be addressed: the persistence of metabolites, which are the components of toxins after they break down chemically. According to the director of the FDA's Bureau of Veterinary Medicine, Dr. Lester Crawford, this situation is "pretty scary," because the metabolites "may do awful things; we know so little about them."

And while illegal toxins still persist within the food chain, a number of legal substances found in meat cause concern within and outside the government. Since 1977, the FDA has attempted to have the antibiotics penicillin and tetracycline banned from use in cattle feed. Both drugs are used to stimulate animal growth and make them more resistant to disease; however, scientists believe this use makes humans resistant to the antibiotics. Congress has refused to allow the FDA to ban use of the antibiotics until more research is completed.

While funding for the testing programs has remained constant since 1979, inflation has resulted in fewer residue samples being taken. Congress did increase the funds available for testing, but the Agriculture Department opted to use the money to further educate farmers about the dangers and proper uses of herbicides and other toxic chemicals.

At the same time, hard data on the toxic nature of many chemicals in use is not available until further tests are completed. While many scientists contend that accumulation of toxins in human tissue can eventually cause serious illness, many government officials contend that there is no scientific evidence proving anyone has actually been harmed.

Former Assistant Secretary Foreman noted, "With residues, the government makes the assumption that X amount of meat each year will be contaminated. They don't make a pretense of preventing meat from going out with residues in it."

DENTISTS DISCOVERING ACUPUNCTURE

Add dentistry to the list of health professions that are using acupuncture.

Some dentists are predicting that the ancient Chinese healing treatment may be the wave of the future in dentistry. Doctors at Case Western Reserve University in

Cleveland say they have used acupuncture to relieve pain and as an anesthetic. They report success with traditional acupuncture—twirling needles inserted in the gums—and in supplying slight electrical currents through the needles to relieve pain.

SWEET TOOTH STARTS WHERE NICOTINE LEAVES OFF

S smokers who kick the habit often gain weight, and scientists believe that, among other reasons, this is because former smokers acquire a sweet tooth and start eating more high-calorie foods.

Recent studies support this hypothesis, report researchers at the Pentagon's Uniformed Services University of Health Sciences. In a study of 42 university students, researchers found that when denied nicotine, the active ingredient in cigarettes, smokers turn to sugar.

The students, smokers and non-smokers aged 18 to 36, were given three groups of food to eat during a 20-minute period. One group contained only sweet foods, another contained salty foods, and the third group contained only bland food. The students were asked to rate the taste of the foods. Once the ratings had been completed, they were told to eat as much as they wanted since the food was going to be thrown away.

The smokers ate significantly less sweet foods and more salty foods, researchers found, while non-smokers ate the most sweet foods, indicating that smoking seems to decrease consumption of sweet foods. The researchers believe the nicotine may cause a transient increase in blood sugar levels.



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SOYFOODS CONSUMPTION HITS ALL-TIME HIGH

Soyfoods, especially tofu and tempeh, have become one of today's fastest growing food products. Americans are consuming more soy products than ever before, and soyfoods are likely to have a major impact on the American diet in coming years.

That's the latest word on soyfoods, contained in a first-of-its-kind report on the industry compiled by William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu*. Published by The Soyfoods Center (P.O. Box 234, Lafayette, CA 94549) *The Soyfoods Industry Directory and Data-book 1983* documents the tremendous growth in soyfood consumption and manufacturing in the United States, and indicates that soyfoods have only just begun to break into the mainstream.

While the bulk of the U.S. soybean crop is still used for livestock feed and soybean oil, the report notes, a growing percentage is being used for human food. Almost 5 percent of the non-exported soybean crop in 1980 was used for human food, an all-time high figure which is expected to increase as soyfood manufacturers and big food corporations find ways to market and popularize soy products. Americans are now consuming nearly nine pounds per person per year of foods made directly from soybeans.

The report divides soyfoods into two segments: low-technology soyfoods such as tofu, tempeh, soy milk, soy sauce and miso, and high-technology products such as soy protein concentrates, texturized soy protein and soy oils. Of the two segments, the high-technology sector is larger, making more products and generating greater sales. But the low-technology segment has been grabbing more attention with steadily increasing sales and wider acceptance among consumers.

At the forefront of the soyfoods industry is tofu, dubbed "the yogurt of the 1980s" by food industry analysts. Tofu has gained attention and popularity in recent years as an inexpensive and versatile low-calorie, no salt food. Over 100 new tofu plants have been launched in the U.S. during the past four years, the report says, with total tofu production jumping from 13,250 tons in mid 1979 to 27,500 tons in early 1983. Retail sales of tofu reached \$50 million in 1981. This trend is expected to continue throughout the 1980s, and tofu sales are expected to triple by 1986.

Recent polls show a remarkable shift in



Photo: United Press International

In Gandhi's day, the issue confronting the Indian nation was how to gain control of its own economy and so Gandhi encouraged Indians to weave cloth to make their own clothes. In 1983, however, some Indian workers are dissatisfied with the quality of the clothing available; recently more than 1,000 government workers marched in their underwear to protest against having to wear "shoddy" uniforms. "We are all for home-made stuff," said one, "But it is of poor quality."

the public's awareness of and attitudes toward soyfoods, especially tofu. For example, a 1981 consumer survey of 800 people in major metropolitan areas showed that one-third had heard of tofu, nearly 20 percent had tasted tofu, and 10 percent had purchased tofu.

Close behind tofu is tempeh, a fermented soy product that tastes like fried chicken and contains 50 percent more protein than hamburger. Over 450 tons of tempeh were manufactured in the U.S. last year, worth over \$2 million in retail sales.

Another front-running soyfood is miso, the fermented seasoning paste used in soups, sauces and dressings. The report estimates that domestic miso production jumped from 120 tons in 1975 to 750 tons in 1982, a 52 percent increase.

The report pointed to several factors contributing to the growth of soyfoods:

- ✓ Low-calorie convenience soyfood products and frozen, meatless "heat and serve" entrees will play an important role in soyfood's entrance into the mainstream American diet. Low calorie tofu dressings and dips, instant miso soups, and meat-less frozen lasagne and pizza, already available in health food stores, are starting to appear in supermarkets nationwide.

- ✓ Dairy-like soy milk and soy milk shakes, yogurt and ice cream, tofu cottage cheese

and tofu burgers will soon be low-cost, low-calorie alternatives to mainstream super-market fare.

- ✓ The use of soyfoods in school lunches and institutional mass feeding programs in hospitals, day care centers and universities has reached the level of 3.6 billion institutional meals a year. A regulation allowing tofu to be used in school lunches is pending nationwide.

- ✓ Soy delis, cafes and restaurants with sit-down and take-out formats already are serving more than a million dollars annually in ready-to-eat soyfoods at 13 locations around the country. —Karen Gullo

COMPUTERS REPLACE ANIMALS IN MEDICAL EXPERIMENTS

Computers aren't only replacing people in the work force, they're substituting for animals in university research labs.

At the University of Texas Medical Branch in Galveston, four Apple computers are being used for experiments in shock, pharmacology of the uterus, liver function, genetics, and the effects of

diuretics, reports *Medical World News*. With the computers, students can determine reactions to changes in body temperatures in minutes, compared with the hours required for similar animal experiments.

With the cost of experimental animals so high, lab directors say the four computers could pay for themselves in two years.

SULFITES: HOW SAFE ARE SALAD BARS?

Sulfiting agents, chemical preservatives widely used for years in restaurants to prevent discoloration in lettuce, potatoes and sauces, pose a potentially life-threatening danger to thousands of asthmatics and other persons with lung problems, charges the Center for Science in the Public Interest (CSPI).

CSPI, a consumer advocacy group, has asked the FDA to ban immediately the use of sulfiting agents and to issue a public health alert advising asthmatics and others with lung problems of the hazard posed by sulfiting agents and of what foods and drugs to avoid.

Sulfiting agents are used in restaurant salads, salad bars, fresh fruits and vegetables, in all commercial wine, in dried apricots and raisins, in salad dressing mixes and numerous processed foods, and in many prescription drugs.

According to CSPI, studies show that sulfiting agents can cause asthmatic attacks in sensitive persons. The group linked the chemicals to the death of an Arizona man who died last November shortly after eating a meal in a Tempe, Arizona restaurant. The man, an asthmatic, ate a salad of chopped lettuce treated with sodium bisulfite. After the meal, he collapsed and was rushed to the hospital by paramedics, who treated him with drugs which also contained sulfiting agents. He died a few hours later.

The subject of recent media attention, including a segment of *60 Minutes*, sulfiting agents were generally recognized as safe by the FDA a year ago. At that time, CSPI said the agency ignored scientific reports dating back to 1976 which proved that the preservative can cause serious reactions. In October 1982, CSPI petitioned the FDA to ban or severely restrict the use of sulfiting agents.

The FDA has since received hundreds of consumer inquiries about sulfiting agents. The agency in March recommended that restaurants, grocery stores and other retail food establishments using sulfiting agents inform consumers by signs or notes on menus. The action is not required, however, and does not apply to wholesale food establishments.

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The National Restaurant Association has urged its members to stop using sulfiting agents.

Meanwhile, the FDA is reviewing recent studies which suggest that the chemicals cause birth defects. In addition, the agency has reported that Americans are exposed to four times the level of sulfiting agents estimated by scientists in 1977. The Federation of American Societies for Experimental Biology estimated that the daily intake of sulfur dioxide via sulfited foods was not more than 12 mg. per average adult. Today the agency estimates the intake of sulfur dioxide at 41 mg. per person.

According to *Community Nutrition Institute*, FDA officials now theorize that normal persons with upper respiratory tract infections or seasonal asthma could be affected by sulfites. If only 5 percent of all asthmatics are affected, the agency estimates that nearly half a million people could have a reaction to the chemical.

CSPI has opened a Clearinghouse on Sulfite Reactions for people who believe they have experienced serious reactions to bisulfite or know of possible deaths.

GOVERNMENT CONSIDERS NEW DIETARY GUIDELINES UNDER INDUSTRY PRESSURE

Under pressure from the Meat Institute, the United Egg Producers and other industry organizations, the USDA is considering revising its "dietary guidelines" which, among other things, call for Americans to reduce their consumption of salts, alcohol and animal fats.

"Some people claim there isn't enough research to make such recommendations [for cutting cholesterol by eating less fat]," Isabel Wolf, acting administrator of the USDA's nutrition information service told a *Chicago Sun-Times* reporter. A nine-member scientific panel will convene soon to start a 12-month study of possible revisions, Wolf said.

Meanwhile, the Center for Science in the Public Interest (CSPI), a consumer group, says the guidelines are fine the way they are.

"They provide essentially the same advice offered by more than 20 panels of scientific experts throughout the world," said CSPI's Michael Jacobson. "Neither the public nor the medical community has clamored for revision of these prudent recommendations."

But skeptics in the food industry discount the numerous studies. "I have a file of studies thick enough to choke a horse that show no correlation between the cholesterol you eat and the cholesterol in your blood," said Candice Pratt, consumer affairs director of the American Meat Institute.

Meanwhile, while this debate continues, the USDA has decided to suspend free distribution of its 18-page pamphlet. Seven million copies of *Nutrition and Your Health* will no longer be made available for the asking from the agency, although you still can obtain a copy for \$2.25 from the Government Printing Office (Washington, D.C. 20402).

The controversial pamphlet contains the following recommendations:

- ✓ Eat a variety of foods.
- ✓ Maintain ideal weight. (See VT, May '83, News Digest for recommended weight.)
- ✓ Avoid too much fat, saturated fat and cholesterol.
- ✓ Eat foods with adequate fiber and starch.
- ✓ Avoid too much sugar.

✓ Avoid too much sodium (especially salt).

✓ If you drink alcohol, do so in moderation.

JOGGING GIVES TONS OF TROUBLE TO HEELS

Joggers' heel has become one of the most prevalent injuries among athletes, according to a Minnesota orthopedic surgeon. A study of more than 5,000 sports injuries showed that running accounted for 75 percent of the heel injuries followed by racquet sports, basketball and soccer, said Dr. Lowell D. Lutter of St. Paul. Although it is uniquely designed to absorb shocks, the heel is subjected to 2.5 times the weight of the body every time the foot hits the ground. For the average 150-pound runner, that means the heel absorbs an impact of 220 tons for every mile run, he said.

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THE LEANEST DIET OF ALL

There are many types of vegetarian diets, but the most uncommon and restrictive is the "fruitarian" diet in which only fruits are eaten. In

this article, an enthusiastic fruitarian explains the diet, his reasons for adopting it and the benefits he attributes to it. While his interest in the diet stems from spiritual concerns—something we've found to be common among fruitarians—the principal interest is in finding the best, cleanest diet possible. Obviously, this is not a well-balanced diet and is not suited for everyone; while many have found it to be invigorating, its real value may be as a short-term, purifying diet.

by Mike Benton

My favorite Ripley's Believe It Or Not cartoon shows an ape tear ing open a snapping crocodile's jaws. The caption reads: "The Borneo orangutan is more than a match for any predator foolish enough to attack... yet he is a strict vegetarian. He maintains his strength on a diet of *fruit alone!*" Like the ape from Borneo, the twentieth century fruitarian is often in the unexplored regions of the dietary jungle. Fruitarianism is often surrounded by mystical pronouncements, hysterical warnings and conflicting claims. It still has the cult status that vegetarianism has only been able to shed in the past ten years. Between the promises of god-like health and the admonitions against ascetic starvation, vegetarians changing to a fruitarian diet must sort through a host of misconceptions surrounding the diet.

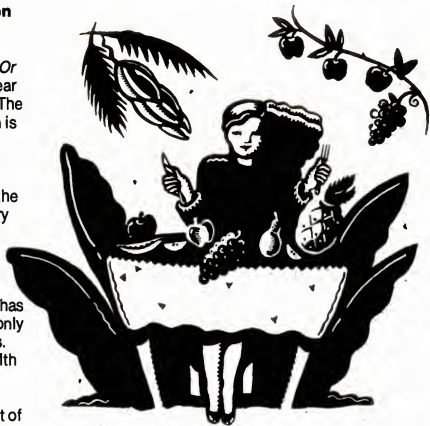


Illustration by Amie Weitzman

What Is Fruitarianism?

Vegetarianism is a nice, encompassing word. A person can eat grains, dairy products, beans and so forth, and never touch a vegetable (as botanically defined) and still be a vegetarian.

Some vegetarians eat eggs; others eat cheese; some make grains their major staple; others eat only raw vegetables and sprouts. All consider themselves to be

vegetarians and quite rightly so.

Fruitarianism, however, is a more definitive term. Fruitarians eat chiefly raw fruits—a "fruit" being defined as the fleshy part of a plant surrounding its seeds.

Under this definition, some fruitarians include "vegetable fruits" such as squash, eggplant and sweet pepper in their diet. Others occasionally supplement their fruit intake with additional raw vegetables, greens and sprouts. Some fruitarians include small amounts of nuts and seeds in their diet.

Primarily, though, fruitarians eat just

that—fruits, as conventionally defined, which generally comprises at least 80% of the diet. Many strict fruitarians eat a 100% raw fruit diet for extended periods of time.

Why Fruitarianism?

Even to many vegetarians, the fruitarian diet may appear unduly restrictive. Whether or not its benefits outweigh its required "sacrifices" can only be determined by the individual. There are points, however, that need to be made for the con-

sideration of fruitarianism.

First, a rational investigation of the human anatomy demonstrates that, physiologically speaking, man is not a meat-eater. An anatomical comparison of carnivorous and vegetarian animals clearly shows that man belongs in the latter category.

Similarly, a closer comparison among the vegetarian animals indicates that man's teeth, saliva, intestines, stomach, shape of hands, placement of eyes, etc., more closely approximate those of frugivores (the fruit-eating animals) than those of the herbivores (vegetable eaters), the graminivores (grass and grain eaters), and other non-meat eating animals.

Quite simply, the biological apparatus of man is more intimately adapted to eating fruit than any other food.

The fruitarian diet is based on foods eaten by man for over a half million years. (Grains, in contrast, have only been a part of the human diet for a few thousand years.) All foods in the fruitarian diet are eaten fresh in an untampered state, with all nutrients intact. The diet typically excludes all foods which leave toxic byproducts in the system, produce excessive mucus or irritate the tissues.

Physical health improvements have been dramatic on a well-established fruitarian diet. Weight stabilizes to its norm; constipation is non-existent; colds and headaches don't occur; chronic ailments tend to eventually disappear (cancerous growths are even remitted), and virulent diseases are quickly repelled.

Although a fruitarian diet eventually assures a high level of physical health, most people adopt the diet for the spiritual equanimity it instills.

For thousands of years, fruits have been recommended to spiritual aspirants as the most *satvic* (pure) of all the foods. An all-fruit diet is often used to enhance concentration and still the mind for meditation; fruits digest quickly and leave the body light and the mind clear for spiritual reflection.

Regardless of such esoteric observations, the physiological facts of fruit digestion and assimilation indicate that a fruitarian diet provides the proper balance of nutrients in a non-toxic form, promoting both physical and mental health—two prerequisites for any person following a spiritual path.

Despite all this, fruitarianism is still not as popular as it would be but for misconceptions about the nutritional inadequacy of the diet.

Quite frankly, the ultimate test of any diet's nutritional sufficiency is the health exhibited by those who follow it. Food value tables, minimal daily requirements and educated government guesses are all very well for those who wish to pass judgments based on hypothetical models. The individual experience, however, is the

final validation of any dietary system.

To become a fruitarian, then, requires a re-education about the nutritional adequacies of the diet so that misconceptions can be dispelled. Several excellent books can provide a background for your own experience; a partial listing follows this article. Also, *Fruition*, a newsletter on the subject, may be obtained by writing to Box 872, Santa Cruz, CA 95661.

Should you decide to try the fruitarian diet, go slowly. Fruitarianism is a strongly healing and purifying system. Unless the body is already detoxified, a sudden, pure-fruit diet can cleanse the body so abruptly that the discomfort may discourage even the most enthusiastic attempt. Weight losses of 30% of body weight (or more) may occur. Severe headaches, nausea, depression and schizophrenic states of mind are not unusual when detoxification of the body proceeds faster than the body's system of elimination can process.

The transition to a fruitarian diet must be gradual in order to succeed. Undue haste in dietary change often indicates a troubled mind that seeks solution to multi-level problems only through manipulation of food intake.

For those who are already vegetarians, the first transition to a fruitarian diet is the

elimination of *all* animal products, including eggs and dairy products, from the diet.

As the heavier cooked foods are phased out, one gradually progresses to a more and more raw foods diet. After a raw foods diet of vegetables, fruits, nuts, seeds, sprouts and juices is well established, the use of fruit is increased until it forms a major portion of the diet.

All such transitions should be made gently with no sense of urgency. Forcing the body into premature dietary change as a show of "will power" often leads to emotional backlashes and unhealthy food binges.

As a vegetarian, you are already sensitized to the relationship between diet and physical/mental well-being. The fruitarian transition is simply a further extension of that sensitivity. □

For further reading: *The Fruitarian Diet and Physical Rejuvenation* by Dr. O.L.M. Abramowski, \$1.75; *Fruitarianism: Compassionate Way to Transform Health* by Hannah Hurnard, \$2.45 (both published by Essence for Health, Pub.); and *The No-Cooking Fruitarian Recipe Book* by Sheila Andrews, \$2.50 (Newbury Books). These books can be ordered at many health food stores or directly from Aurora Book Companion, Box 5852, Denver, CO 80217 (add \$1 per order for postage).

A quick introduction to Veggiemomics

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Healthy Getaways

Whether you're looking for a quiet place to just relax and get away from it all this summer, or a fitness regime to help take off extra weight, a visit to a spa can rejuvenate your spirits and your body.

For thousands of years people have sought refuge in spas for healing, relaxation and self improvement. The spa life is the constructive holiday, the alternative to an indulgent vacation of too much food, drink and lying beside the pool. Warm mineral baths, scenic mountain hikes, or tennis at twilight can do more to rejuvenate spirits and restore health than a week of sedentary sunbathing.

A spa experience can be as relaxing or as rigorous as you want. For those wanting to indulge themselves in luxurious surroundings, there are plush resort spas like The Spa at Turnberry Isle in North Miami Beach, where rooms overlook the Intercoastal Waterway and guests can enjoy massages, whirlpool, herbal wraps or a game of golf on one of two championship greens. Rates are high (\$800 a week in season for a double room), but may be worth it if relaxing in luxury is your vacation dream.

If you simply want a dip in a warm mineral bath or a whiff of a hot vapor cave without all the frills, there are spas built around hot mineral springs that offer massage, swimming and other activities for \$40 per night.

If losing weight or improving your health is your get-away goal, there are many serious, clinic-type spas which specialize in weight loss, healing and a heightened sense of well-being. Some spas offer rigorous diet and exercise programs. At Ashram in California, for example, guests are served a sparse raw foods diet, with early morning meditation, and rugged mountain hikes. On the other hand, you don't have to eat only raw foods to lose weight. Some resort spas offer calorie controlled gourmet meals, and exercise classes ranging from aerobics to fencing. Many resorts have individualized weight loss plans which include medical evaluations and



Above: aerobic classes at Gurney's on Long Island, NY; and, on horseback, TV star Linda Evans enjoys The Bonaventure



diagnostic testing. The spas which specialize in vegetarian fare are listed as such; the others can usually accommodate your dietary preference, but it's always important to check when making reservations that you'll be able to get the kind of food you want during your stay.

And finally, beauty spas offer the finest in skin and hair treatments and beauty tips for those looking to improve not only their health, but their appearance.

Whatever your reason for going, a visit to a spa can be a healthy and rejuvenating experience. We have listed a number of mineral spring spas, natural cure clinics, and health spa resorts, ranging from \$25 a day to \$2,000 a week. Rates are for double occupancy unless indicated and do not include tax and gratuities. Keep in mind that rates can change with the seasons, and some spas close during the summer, some during winter. Always call in advance for more information.

The information in this article is excerpted *The Well-Being Guide to Health Spas in North America*, by Melissa Schnirring (Atheneum, 1982).

CANYON RANCH

8600 EAST ROCKCLIFF ROAD, TUCSON, AZ, 85715; (602) 749-9000

A total fitness and total relaxation resort, Canyon Ranch offers individualized fitness programs. Guests fill out questionnaires with a registered nurse and dietitian to determine their program. A gourmet menu is offered and can be either diet or non-diet. Fitness and aquatic exercise classes are offered, racquetball, tennis, hiking, a gym and an exercise trail are available along with saunas, Jacuzzis, steam rooms, whirlpools, and yoga.

\$105-\$135/day; \$715/week

MAINE CHANCE

5830 EAST JEAN AVE., PHOENIX, AZ, 85018; (602) 947-6365

The keynote at this beauty spa, owned by Elizabeth Arden, is pampering. A luxurious facility, featuring antiques, priceless *objets d'art* and a personal maid for each guest, Maine Chance offers exercise, steam treatments and saunas, wax baths, and a variety of beauty treatments for face, scalp, hair and nail. Complete make-up classes are offered, and calorie-controlled meals are served for those dieting. Open September to May.

\$1,700-\$2,100/person/week

THE ASHRAM

P.O. BOX 8, CALABASAS, CA, 91302; (213) 888-0232

Located 30 miles from Los Angeles in a secluded valley, The Ashram offers a rigor-

ous health regime that isn't suitable for the faint of heart. The sparse diet consists of raw food; daily activities begin at 6:30 a.m. and exercise includes hiking, gym workouts, water sports, and calisthenics. Guests are examined by a doctor on arrival, and an individualized program is planned. A geodesic dome is located on a nearby hill for yoga and meditation.

\$1,200/week

LA COSTA HOTEL AND SPA

COSTA DEL MAR RD., CARLSBAD, CA, 92008; (619) 438-9111

La Costa is a lavish resort complex which offers a dizzying array of activities: racquet club, tennis, golf, saddle club, water sports. A personalized spa plan is drawn up for each guest, and included is every possible kind of exercise, saunas, whirlpool, Roman pool, steam baths, herbal wraps, massages and make-up classes. This is a family resort, with supervised activities for children. La Costa is located 30 miles north of San Diego.

Spa plan: \$405/day double; minimum stay: 4 nights

THE GOLDEN DOOR

777 DEER SPRINGS RD., SAN MARCOS, CA, 92069; (714) 744-5777

Located on 150 secluded acres and modeled after a Japanese *honjin* inn, The Golden Door's beautiful gardens, mountain scenery, and Oriental treatments create a mood of serenity and oneness with nature. The meals feature fresh natural foods; treatments include Japanese tubs, steam baths

and sauna, massage. Relaxing activities such as yoga, tai chi, and biofeedback are also offered. Each guest room has a private garden. Two hours from L.A.

\$2,500/week

THE OAKS AT OJAI

122 EAST OJAI AVE., OJAI, CA, 93023; (805) 646-5573

A vacation resort with a health thrust, The Oaks offers a weight loss program (a pound a day) with a gourmet low calorie menu. The various forms of exercise offered encompass three activities: aerobics, calisthenics and stretching movements. Twelve fitness classes are offered daily, ranging from light exercise to vigorous workouts. Indoor saunas, whirlpool, swimming, massage, cellulite wraps and facials are available.

\$69-\$98/day per person/double occ.; singles from \$135/day

THE PALMS AT PALM SPRINGS

572 NORTH INDIAN AVE., PALM SPRINGS, CA, 92262; (619) 325-1111

The Palms is a health resort with a spa program where guests may lose a pound a day in relative ease and comfort. A staff of nutritional and fitness experts help plan individualized programs. The cuisine is dietetic, but not bland or uninteresting. Available are water activities, whirlpool, saunas, massage, facial salons, gymnasium, yoga, dance and aerobic conditioning. The resort is located in the city of Palm Springs.

\$75/person per day/double occupancy

PRITIKIN LONGEVITY CENTER

1910 OCEAN FRONT WALK, SANTA MONICA, CA, 90405; (213) 450-5433

The longevity center is a serious clinic for healing where patients suffering from degenerative diseases like hypertension, coronary ailments, diabetes and arthritis are treated with the Pritikin diet and program. Medical services are provided and about forty hours of educational activities are held during the 26-day session. Daily exercise emphasizes walking, jogging, or use of the treadmill and stationary bicycle. Private beach.

26-day \$5,970; 13-day \$3,850

MURRIETA HOT SPRINGS

28779 B6 VIA LAS FLORES, MURRIETA, CA, 92362, (714) 677-7433

A vegetarian oasis located 60 miles northeast of San Diego, Murrieta features mineral baths in natural spring water, tennis, swimming, saunas, and massage for day-use and longer stays. The week-long 'Fit 'n Trim Program' addresses stress, relationships, health and food, and stresses a lacto-vegetarian diet, exercise and relaxation. Also offered is a four week healing program, involving physical, emotional, and spiritual processes.

\$51-\$56/day, \$395-\$735/week

SHANGRI-LA NATURAL HYGIENE INSTITUTE

BONITA SPRINGS, FL, 33923; (813) 992-3811

A vegetarian cuisine emphasizing organically grown foods and exercise are part of Shangri-la's back-to-health regime. The spa was founded by R.J. Cheatham, who cured himself of cancer and wished to share his knowledge of natural hygiene. The healing program incorporates diet and activities such as outdoor calisthenics and yoga, swimming and a variety of outdoor sports. Shangri-la offers a work program, where guests work for room and board.

\$32/day-dorm; \$62/private room

THE SPA AT PALM-AIRE

2551 PALM-AIRE DRIVE N., POMPANO BEACH, FL; (800) 327-4960

This lush spa offers everything from a 90-hole golf course, 37 tennis courts and three swimming pools to classes in yoga, fencing and bellydancing. There are two dining rooms, one with gourmet continental cuisine, the other with 600-calorie-per-day diet meals, and four on-premises restaurants. The 7-day spa program offers a medical exam, daily exercise classes, facials, hairstyling, skin treatments, massage, steam, and saunas.

Spa program \$355/day



Natural spring water baths are one of the soothing attractions at Murrieta Hot Springs.

SAFETY HARBOR SPA RESORT HOTEL AND TENNIS CLUB

SAFETY HARBOR, FL, 33572; (800) 237-0155

This historic spa has it all for taking to the water: mineral waters to drink, mineral springs indoor therapeutic pool, outdoor buoyant saltwater pool, and Old Tampa Bay alongside. Spa facilities include gyms, exercise classes, saunas, solariums and massages. Tennis courts and a golf green are on the premises, with pros to instruct. The resort is open from October to May, and is closed during the summer months.

\$98-\$130/day

BONAVENTURE HOTEL AND SPA

250 RACQUET CLUB RD., FT. LAUDERDALE, FL; (800) 327-8090

An elegant resort and spa, Bonaventure has a full array of sports, spa and vacation facilities. A luxurious week-long spa experience includes a total nutrition program, medical evaluation, massages, skin care treatments, fitness classes, herbal wraps, facials, and use of all spa facilities. A diet of 600-1,000 calories a day is planned for each spa guest. Golf, tennis, racquetball, swimming, and three restaurants are on-premises.

\$165/day, \$950/week—double

HIPPOCRATES HEALTH INSTITUTE

24 EXETER STREET, BOSTON, MA, 02116; (617) 267-9525

The two-week Hippocrates program involves a cleansing diet of raw foods, light exercise, deep relaxation, rejuvenating techniques such as massage, saunas and hot tubs, and individual counseling. Located in

the heart of Boston's historical and cultural Back Bay, the Institute's two adjoining Victorian mansions are lavishly furnished and include deluxe, private and semi-private rooms, classrooms, three natural foods kitchens, and library.

2-weeks: \$780-\$1,520/person

PAWLING HEALTH MANOR

P.O. BOX 401, HYDE PARK, NY, 12538; (914) 889-4141

Pawling is a weight-reducing retreat, directed by Joy Gross, author of the best-selling diet book, *The Thirty-Day Way to a Born Again Body*. The emphasis is on a vegetarian diet and fasting, no treatments or medical advice are given. People come to cleanse their bodies, relax totally and improve long-term health through diet. The concentration is on the fast—five days of water, then juices, and finally light foods.

\$361-\$498/person a week

GURNEY'S INN

MONTAUK BEACH, MONTAUK, NY, 11954; (516) 668-2345

This luxurious Long Island resort is located on an expansive stretch of Atlantic beach, and features treatments and therapies from all over the world: German Thalasso therapy (hot tubs with sea water), Italian mud packs, herbal wraps, Roman baths, Russian steam rooms. Daily exercise programs are offered, as are gourmet low calorie meals. Spa programs do not include the price of a room, which ranges from \$75-\$110 a day for a double.

\$525/person/week (plus room)

Continued on page 54

"Go Skinny Dipping"

Imagine serving luscious party dips, full of zesty flavor yet naturally low in calories!

Here's a great recipe that's a surefire smash:

SKINNY DIP

You need: 8 ozs. low-fat cottage cheese
1/4 C. water
1 packet **MISO + PLUS™ "Chive"** or
MISO + PLUS™ "Jalapeno" All Natural
Dip Mix

Place all ingredients into a blender and blend until smooth and creamy. Chill and serve this flavorful natural dip with raw chopped vegetables, chips, or Edward & Sons Brown Rice Snaps. 198 calories serves four, deliciously.

You can't miss with Miso + Plus, whose exclusive flavor secret is the goodness of authentic "miso", the great taste treat from Japan. Miso (pronounced mee-so) is the special, all-vegetable seasoning that has been a favorite of oriental chefs for centuries. Now Miso + Plus brings this authentic miso seasoning to America in two wonderful dip mixes, naturally free from sugar and preservatives. Choose popular "Chive" or mild "Jalapeno" varieties. Both contain only the finest Japanese miso, choice herbs and spices, and create delicious dips in seconds! Show your good taste, and your concern for good health the next time you entertain.

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"Fabulous Fiber"

No matter how careful you are with nutrition, you may find increasing your fiber intake will do wonders, —especially the right combination of the right fibers.

We've learned a lot about dietary fiber lately, and what we have learned makes it certainly the most exciting development in nutritional health in recent years. Large-scale research, now underway in both the United States and Europe, may soon shed new light on the possible effect of fiber in preventing certain types of cancer, heart disease and other ailments too common in Western civilization. However, the temptation to think of fiber in terms of disease prevention, or even control of such common ailments as constipation, tends to obscure the day to day contribution fiber makes to our health.

Fiber keeps the entire gastrointestinal system functioning smoothly. In fact, if your diet is deficient in fiber, and this unfortunately applies to most of us, nothing you could do would restore the "smile of health" to your face faster than to correct this deficiency.

Lewis Laboratories in Westport, Connecticut have developed a product for use in supplementing your fiber intake. It is a combination of fruit, grain and vegetable fiber along with all the basic vitamins and minerals, and is being marketed under the name of "Fabulous Fiber". This combination, as

you will see, is superior in many ways to bran as a source of dietary fiber.

Most people don't understand the function of fiber in their system, and tend to think of it as a "laxative" primarily to use when symptoms of constipation occur. This is unfortunate. Laxatives are a 130 million dollar business in the U.S., but few need to use them at all. Constipation in an otherwise normal person, is an almost certain indication of inadequate fiber intake and, consequently, an improperly functioning gastro-intestinal system. While fiber will certainly correct constipation, it is not a "laxative". Fiber is an internal regulator. You should not take a laxative that is going to roar through your system overnight like an internal rotor-rooter. You want something that is going to maintain a normal transit time for food through your body and makes elimination regular and easy. Any artificial increase in the transit time through your body defeats the function of your natural internal laboratory where all nutritional processes take place. Laxatives are the wrong way to deal with a problem which can be handled simply by allowing your body to function the way it was made to

function. While fiber will solve most problems of constipation, it is equally effective in controlling diarrhea because it maintains the proper pace and bulk required for digestive function.

It is unwise to try to get all your fiber from bran alone. Many people who do indeed need additional fiber rely on bran, largely through ignorance of the variety of fibers nature has blessed us with. Wheat bran tends to accelerate the passage of food through the intestines. This can interfere with the proper absorption of nutrients which takes place there. Even worse, it contains a lot of phytic acid which binds with, and robs you of, calcium, magnesium and other essential trace minerals and metals before they can be absorbed into your body. It is a harsh type of fiber.

Just as you should try to balance your foods, so you should balance your fiber. While there are a great many different types of fibers found in a variety of foods, they all come from one of three natural sources—grain, vegetable and fruit. Broadly, fibers from grain are classified as "crude Fiber". Bran is the best known, but by no means the most desirable of this group. Then there are the "dietary Fibers" which include gums, pectins, hemicelluloses and polysaccharides. These are found primarily in fruits and vegetables, and are quite different from crude fiber. They appear to have amazing properties. For example, apple Pectin absorbs many different destructive materials from the intestinal tract. Pectin, in combination with Guar, helps regulate the rate of absorption of nutrients, including sugar, spreading it over a longer period of time. The result is a slower rise in blood sugar level, and a less rapid subsequent drop.

As a crude fiber *Psyllium* seeds have twice the bulking capacity of bran and without its tendency to rob you of essential nutrients.

Psyllium, Pectin and Guar represents the best balance of fiber from grain, fruit and vegetable sources. This unique combination does not interfere with the absorption of nutrients once they are broken down in the stomach. Lewis Laboratories has succeeded in extracting these natural fibers so that it is no longer necessary to consume a great bulk of food in order to get an adequate supply of balanced fiber. This unique combination is in "Fabulous Fiber", now being distributed to Health Food

stores throughout the country. This remarkable product is possible only because of the work of hundreds of nutritionists the world over who have given new insights into how these various fibers function in the body. We urge you to experience for yourself the benefits it can bring you.

We hear a lot of talk about environment and pollution these days. Let's consider our internal environment which affects all our cells and tissues and, consequently, our health and well-being. "Fabulous Fiber" has the ability to scrub out all the convolutions in the intestines so they are clean. "Fabulous Fiber" helps keep the inner you clean. It removes toxins and wastes deposited in the intestines from all the complex systems of your organism. Certain fibers have a way of trapping and removing many harmful bacteria in the intestines. From the standpoint of detoxification, it binds a lot of the toxic agents that are produced in our bodies. Caloric intake, speed of passage through the intestines, levels of intracolonic pressure, number and type of fecal bacteria, as well as levels of serum cholesterol and changes in bile-salt metabolism, have all been shown to be related to the amount of dietary fiber consumed.

One caution—"Fabulous Fiber" contains whey and is not recommended for those with an intolerance for milk or milk products. Almost everyone else will benefit from a daily routine of "Fabulous Fiber". The formulation combines the fibers with a nutritional base which includes all vitamins and minerals recognized as essential to man. "Fabulous Fiber" does what nature does—combines nutrition with fiber. It is in the form of instantly dissolving granules naturally flavored with coconut and vanilla. It is very pleasant to take in water, delicious in milk or can be added to any juice of your preference. "Fabulous Fiber" is like nothing else on the market. Add a little "Fabulous Fiber" to your life and you may be amazed by its benefits.

We hear a lot of talk about environment and pollution these days. Let's consider our internal environment which affects all our cells and tissues and, consequently our health and well-being.

Since this product is new it may not yet be available in your Health Food Store. However, you may obtain a one-pound can by sending \$8.50 to "Fabulous Fiber," P.O. Box P73, Southport, CT 06490. Or if you prefer, a small free taste sample will be sent you on request.

SURVIVING THE SUMMER SUN

by Victoria Moran



Right about now, the livin' gets easy, the outdoors becomes inviting and accessible, and it's perfectly legitimate to show some skin. Most of us from four-season climates, though, greet this time of tanks and tees, shorts and sandals, with skin bearing the battle scars of winter's cold winds and the drying effects of central heating. An intensive re-moisturizing campaign can remedy this parched state of affairs—but wait! Next thing you know, the bulk of the populace is heading to find the sun—which can deliver punishments unrivaled by the harshest winter.

There are ways, however, to outsmart the season and use it to your advantage, with pleasure. Start with a working knowledge of what skin is:

The thin epidermis, the part we see, is nourished from underlying layers where its cells are formed. These cells are dead by the time they reach the outermost surface and form the "horny layer" or *stratum corneum* composed primarily of keratin, the hard protein that also largely makes up hair and nails. It's here that most of those yummy creams and lotions do their work, although the health of the skin is more dependent on what's going on in the thicker middle layer, the *dermis*, and in the bottom layer of connective tissue which keeps the skin attached to the body.

That means that what goes into the mouth is at least as important as what goes on the face, and probably more so. Skin, based on protein and calcium, needs more of the same for optimal functioning. Insufficient protein intake—rare in this country except among crash dieters—can lead to premature wrinkles and frustrate the healing of wounds. Excess fat in the diet can impede circulation to the skin, robbing the surface of nutrients and moisture, and slowing the internal cleansing process which removes the waste materials that can clog pores and cause breakouts. Some experts recommend elimination of greasy or fried foods and the consumption of 50% raw foods (so easy in summer) for healthier skin. It might also be wise to favor the skin-saving nutrients: Vitamin A (which preserves elasticity and has been used in concentrated form for acne treatment); the B-complex (essential if you'll be in the sun, as production of tanning pigment gobbles up reserves of B); iron (a deficiency can result in dryness); and zinc (often in short supply in acne victims).

It's outer care, though, that can retrieve some of that desirable dewiness for your skin. Your treatments needn't be exotic or expensive, and products with a natural bias—usually those sold in health food stores—are your best choice. Big price tags

The populace is heading for the sun—which can deliver punishments unrivaled by the harshest winter. But be cool—outsmart the season!

and incredible cosmetic claims notwithstanding, the basis of moisturizing is the same one the Greek physician Galen came up with in 150 A.D. He combined olive oil and beeswax with water, and added rose petals for scent. The moisture came from the water, evaporation was slowed by the oil, and the wax acted as an emulsifier to keep the oil in suspension. The water did eventually evaporate, producing a feeling of coolness—thus *cold cream*!

The principle hasn't changed, and a good care program for the outer you is still based on cleansing and a bit of help in retaining moisture. That can be as simple as Vaseline on wet skin, but most people prefer something a bit more aesthetic. The answer, then, is a water-based cream or lotion that is *hydrophilic*, that is, one that bonds with water rather than separating from it. You can check out a product by putting a couple of drops on your hand, adding water and rubbing. If the lotion is hydrophilic, the water will be absorbed.

Using a nice, nature-based bath oil is a classic for descaling a body, too, but be sure you use such products—whether plain old salad oil or something fancy and fragrant—properly. (See February *VT* for bath oil ideas.) Get in the tub and soak awhile in plain water; then add the oil. That way, the additive seals moisture in your skin rather than preventing it from entering. And while you're bathing, be careful of the soap you choose: painfully dry skin can be aggravated by subclinical allergies to perfumed or artificially-colored soaps, the deodorant varieties being the worst offenders. Look for natural, vegetable-based cleansers, liquid or bar type.

If you're really flaky on your arms and legs from all those clothes you had to wear a short time back, try mixing olive oil and sea salt and rubbing it on with your hand or a washcloth. The abrasiveness of the salt removes layers of old skin that are slow to slough off on their own, and the oil preserves softness underneath. Regular use of a loofah can keep up the process, and special facial-quality cleansing grains or clay preparations can perform the same job, gently, for faces.

As the weather warms, oil glands become more active and extra rinsings of your face with cool water can be helpful as well as refreshing. Keep soap use down to twice a day, though, and remember that the area around the eyes has no oil glands and needs protection in the form of a rich cream. If you wear make-up, remember that heat and humidity can cause it to run. Combine that with perspiration and you can end up with clogged pores and blemishes, so try to find a waterproof make-up. Similarly, save your moisturizer until after you've played your summer sport, as it, too, can clog pores when you sweat.

Hands can take a beating from racquet sports and cycling on these long, leisurely days, so treat them at night to a brisk loofah scrub. Then dry them and massage in a thick cream. You can multiply its beneficial effect by occasionally being extra generous with the cream and sleeping in loose white cotton gloves (terry socks will do—no one wears white cotton gloves anymore after First Communion).

Feet are on display now, too. After months of socks and boots, they're likely to look rather shabby. You can get them presentable again by several days' conscientious use of a dead skin reducer (a thick file made especially for feet) and keep it up once a week, with use of the terry loofah in between. Long barefoot walks along a sandy beach can do some of that gentle abrasion for you as well. And remember moisture for those hard-working feet, as well as other forgotten areas such as the neck and elbows.

All this loving care may have your skin perfectly prepared for summer's fun, but being prepared for summers *sun* is something else again. There is no argument among dermatologists that sun is the skin's number 1 enemy. Dr. Robert Auerbach of the New York University School of Medicine was quoted in *Vogue* a couple of summers back as saying, "I always caution my patients, 'lying on the beach is to skin what smoking is to lungs.' " His colleagues agree that aging, the genetically-programmed breakdown of the skin's elastic and connec-

There is no argument among dermatologists that sun is the skin's number 1 enemy. One tells his patients, "lying on the beach is to skin what smoking is to lungs."

tive tissues, cannot really be retarded, but it can be speeded up by exposure to the elements, especially sun. Although old Sol radiates energy and this is felt as vitalizing, the sun's rays produce lines, wrinkles and uneven pigmentation (early signs of aging), and possible skin cancer through the irreversible damage of breaking down the elastin and collagen that support the skin. This impairment is not only permanent but progressive: biochemical changes are set in motion by exposure to ultraviolet radiation, and these continue to operate even if there is no further sun exposure.

Despite the evidence, the tanning fad has persisted for generations. It's said that a tan looks "healthy," but it is—quoting John B. Tipton, M.D., in *Plastic and Reconstructive Surgery*—"nature's way of attempting to limit the amount of damage to the skin from exposure to light." He goes on to recommend a hat, sunscreen, dark glasses and protective clothing whenever possible to lessen the risks. Obviously, a fair-skinned person isn't going to turn the color of topaz following those rules, yet the same glossy magazines that share the knowledge of the physicians and researchers have pages of honey-hued models showing off beachwear. (Since those location shots are done in the tropics in February or March, the models' tans are probably artificial, the result of bronzing gels—not a bad idea.) In any case, before deciding to tan, do consider why you really feel it's worth the risk. Society admires a tan because it speaks of spare time, travel, money. That's why you'll get more compliments on a Christmas party than the one you wear for a 4th of July picnic. The bottom line is, "Is looking attractive now—by society's standards—worth looking wrinkled later and inviting skin cancer?"

It may well depend on you and your skin's natural pigmentation. If you have difficulty tanning, you're torturing your skin by trying, and this includes trying by tanning booths, beds and lamps, as well as by the sun. The more you can tan, however, the less harmful ultraviolet (UV) radiation is to you. Look to your background: Celtic ancestry puts you at greatest risk, since these traditionally peaches 'n cream people—the freckled redheads especially—are woefully lacking in *melanin*, the tanning pigment. Some light-skinned folks, i.e. Germans and Scandinavians, often do tan well and get some protection that way, but

even black skin when previously unexposed lets through 7% of the UV-B rays (those most responsible for burning and degrading dermal tissue).

If, after reviewing the pros and cons, your sun-worshipping nature wins out, learn the mechanics of how sun affects skin, and meet it as protected as you can be. Basically, skin responds to the burning potential of those UV-B rays by producing tan pigment granules as a protective sunscreen. Ultraviolet-A rays stimulate additional melanin production, enhancing a tan but compounding the damage of UV-B rays through their synergistic link-up, called *photoaugmentation*. While UV-A rays are abundant all day, every day, the UV-Bs do most of their work midday during summer, so refraining from sun exposure at that time is wise indeed.

When you are out—not necessarily *sunbathing* but still exposed—get the kind of protection your skin requires. This has been quantified in recent years as SPF, Sun Protection Factor, a numbering system for commercial sunscreens. The SPF number, from 2 to 15, lets you know how long the screen will be effective. An SPF of 6, for example, means you can stay out six times as long without burning as you would without using the product, in this case an hour instead of ten minutes, for example. A 2-4 SPF is minimal; it allows for dark tanning and is for skin that takes well to sun. 4-6 lets moderate tanning occur; 6-8 offers extra protection but allows gradual tanning; 8-14 is for those who invariably burn and don't expect much tan if any; and 15+ is super-protection from burning and tanning. There are water-resistant sunscreens that can stand up to forty minutes of repeated pool dips without reapplication, but, by and large, you'll need to reapply occasionally during your time in the sun to guarantee that you don't lose your SPF to water, evaporation and perspiration.

Remember that a body isn't protected by sunscreens alone: clothing helps a lot—a wet cotton tee-shirt has an SPF of 5, the same shirt dry has one of 7, and a terry robe or straw hat, more than 20. Since sitting on the beach—a reflective surface which calls for extra protection—in a bathrobe isn't exactly popular, though, most of us will depend on sunscreen lotions. Remember to

choose a *sunscreen* and not a *suntan oil*. Oils give no protection from those damaging rays and can, in fact, increase radiation by 10 per cent. Look for the ingredient PABA in your screening product. It's para-amino-benzoic acid, one of the B-complex, that effectively blocks much of UV-B's potential harm. When combined with benzophenone (which works against both UV-B and UV-A rays), you're better shielded from ordinary sun damage and also guarded from freckling and the blotchy, brownish spots called "mask of pregnancy" that sun can bring out in women who are expecting or who use oral contraceptives. (This *photosensitivity* can also occur in people taking diuretics or certain antibiotics; caffeine, too, increases the sensitivity of the skin.)

A tan itself offers you some protection—fair skin has an SPF of 2-5; dark skin, tanned, from 7-10; and black skin after careful, repeated sun exposure can come up with a whopping SPF of 20—but you need not bake yourself to leather to keep it. Once a week in the sun should be plenty to hold your color, and don't get lazy about using sunscreen. You'll also need to be diligent in your moisture-sparing care of tanned skin. A tepid shower will help cool you off and remove skin-drying chlorine after an afternoon at the pool. That oil-and-salt rub mentioned earlier works as well in handling rough, sun-dried skin as it does in helping skin dehydrated by winter. Always use your favorite whole-body lotion after sunning: your thirsty epidermis will seem to drink it up, and you'll love how it feels going on. A light moisturizer for the face will be in order in the evenings as well.

Save perfumes for nights or indoor days since certain ingredients in fragrances can cause blotchiness in the sun. (Scented lotions, since they are not alcohol-based, don't have the staying power of some other fragrance forms, but are a welcome summer alternative.) A natural, herbal-based deodorant can be a godsend now, even if you avoid commercial anti-perspirants which actually seal off the pores. The deodorants available in health food stores don't interfere with any bodily processes: they simply help you smell better!

Take advantage of all the healthy aspects of the season: the fresh fruits and vegetables that generate less body heat in their digestion than heavier foods do; the tall pitchers of juice and herb teas icy in the fridge which provide the liquid that's a must for clear skin; and the exercise you're more apt to do now, enhancing your circulation and giving your face a rosy glow to show for it. Keep your cool with natural cotton clothing and chilly delights such as using your facial astringent or freshener refrigerated. Protect your hair with a good conditioner and sun-hat, and guard your eyes with gray or green glare-proof glasses so dark your eyes can't be seen through them. With all that going for you, this ought to be your happiest and handsomest summer yet. □

YOU CAN STAY YOUNG... LONGER by Paul Martin

The healthiest people I've ever met live in an isolated village in the Ecuadorian Andes called Vilcabamba. It blazed into world prominence in 1972 when a census showed that out of a population of 819, seven men and two women were more than 100 years old. That contrasts sharply with figures in the United States where we have fewer than 7,000 centenarians. Vilcabamba produces them at a rate 366 times greater than we do. To match the longevity, per capita, of this remote community, we would need more than 2,500,000 people older than 100 years.

The census was implemented under the direction of Dr. Miguel Salvador, a cardiologist in Quito, Ecuador's capital. I interviewed Dr. Salvador in Quito and he pointed out another significant fact: "One out of six residents in Vilcabamba is more than 65," Dr. Salvador said. "This is twice the rate found in the United States and Canada and five times greater than the rate for the rest of Ecuador."

I talked with Dr. Jorge Santiana, a Quito cancer specialist, who had visited Vilcabamba four times to study these remarkable people. "I found no trace of skin cancer among these people," he said, "which is unusual both because of their ages and because of the latitude, which exposes them to direct sun rays the year round."

On two trips to the village I interviewed a number of the elderly residents and found them alert, vigorous and very pleasant. Studies indicate the remarkable longevity is a product of a simple diet, hard physical work, extensive walking (there are no automobiles in Vilcabamba), no pollution, pure water and heredity.

While we probably won't move to Vilcabamba to live longer, the village sparks the question: "What can I learn from them to prolong my own life?" The answer is that we can learn a great deal. While heredity unquestionably plays a crucial role in longevity, many studies show the life-extending qualities of sensible living patterns. A 1974

scientific study at UCLA included 7,000 people and found several habits to be connected with excellent health. Not surprisingly, they were nearly identical with the living habits of Vilcabamba.

SLEEP: Men sleeping between a night had a lower mortality rate than men who slept more or less. The best amount of sleep for women was seven hours, or a bit less.

SMOKING: To no one's surprise, non-smokers are healthier than smokers. The risk is highest for those who smoke two or more packs of cigarettes a day.

DRINKING: People who never drank alcohol had about the same mortality as those who drank moderately. Men and women who had five or more drinks a day had the highest risk.

EXERCISE: The study showed that regular exercise is a critically important factor in maintaining good health, reinforcing the cur-

rent trend emphasizing fitness. Men and women who followed a regular exercise program had a mortality rate about half as high as those who never exercised.

EATING HABITS:

Understandably, those who ate three regular meals a day were far healthier than those who ate erratically. Eating breakfast was found to be especially important.

WEIGHT: Twenty percent overweight was the figure at which the death rate increased sharply. (See the weight/height chart, News Digest, May 83 *Vegetarian Times*.)

These findings are so simple, you may be saying, "Why, I know all that." Certainly. We all do. The problem is that too often we fail to observe these points.

Take walking, for example. Dr. George Mann of Vanderbilt University studied the Masai warriors in Africa. Ranging in age from 15 to 50, they regularly walk a minimum of 12 miles a day herding cattle. Dr. Mann divided the men into ten-year age groups and discovered that, as they grew older, their arteries increased in size. The constant walking kept their arteries enlarging rather than shrinking with old age (the norm in the United States).



STAY YOUNG

Another advantage of walking is that you can do it just about anywhere. If you drive everywhere, you can start walking on short trips. If you travel in your work, it's easy to step outside your hotel in the evening and log several miles of relaxed strolling along the streets. Incidentally, tests show that walking can be more effective than tranquilizers in unwinding tense nerves. Dr. Herbert deVries of the Gerontology Center at the University of Southern California designed a study with volunteers between the ages of 52 and 70 who suffered from nervous tension, anxiety and worry. DeVries gave one group 400 mg. of meprobamate, a tranquilizer, and another group walked 15 minutes a day. Exercise proved far more effective than tranquilizers in relieving tension, anxiety and worry.

DeVries designed another study using volunteers over 50 years old who complained of migraine headaches. Dr. deVries found that after several weeks of regular exercise none of them continued to suffer from migraines. Again, exercise was more effective than medication, supporting the axiom "Action absorbs anxiety."

Most of us are not going to wear out—we'll rust out from inactivity. Optimum nutrition, sufficient sleep, regular exercise, moderate drinking, no smoking, limited stress, correct weight—put them all together and they spell superior health.

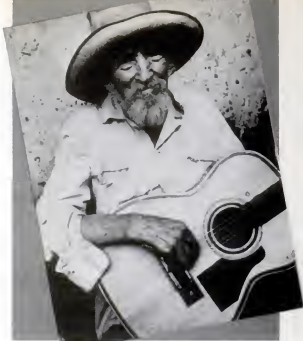
Carefully followed, this kind of program can perhaps expand our lifespan toward the 100- to 120-year range some scientists consider possible. Suppose that happens. What could we look forward to? Titian, the Italian painter, did superb work until near his death at age 99. Pablo Picasso was turning out masterpieces well into his 90s. Roscoe Pound wrote a five-volume work on U.S. jurisprudence after his 95th birthday.

With a 120-year lifespan, we would be entering middle age at 65, not retiring. Our bodies would be energetic, joints flexible, minds sharp, skin smooth and unwrinkled, senses acute. A person who had spent years as an advertising executive might fulfill a life-long dream and become an engineer. A homemaker who had always wanted to be an anthropologist could return to college and pursue her ambition. An aviation mechanic whose desire to become a dentist had been sidetracked by an early marriage could start college and go on to dental school.

Rather than becoming a sentence to a retirement village or an old-age home, the 65th birthday would signal a new life and renewed opportunity, with 35 productive years ahead. The rueful observation of a former top athlete who noted that "Growing old is like maturing in your athletic career: by the time you learn what to do, you can't do it anymore," would no longer apply.

Today, old age is generally defined as beginning at 65. By then, arthritis, heart disease or atherosclerosis affect four persons out of five. Hair growth slows and hair becomes gray or white. Wrinkled skin and darker pigment spots appear. Alterations in skeleton and muscles lead to less erect posture, reduced height and slower movements. Eyesight and hearing usually deteriorate, and the senses of smell, taste, touch and pain diminish. All of these symptoms of aging are amenable to new treatments, according to some researchers. Dr. Benjamin S. Frank, a New York physician and biochemist, says, "Aging is now a treatable disease." His optimism is a result of breakthroughs on ways to prevent cell damage by "free radicals," thought by many to be a primary factor in the body's deterioration as it gets older. Dr. Frank's hopeful outlook is inspired by recent studies on the effect of an enzyme, superoxide dismutase (SOD). Researchers have found that SOD prevents cell damage by free radicals and may be a critical factor in adding to longevity.

In his book *Prolongevity*, science writer Albert Rosenfeld described free radicals as "highly unstable atoms, broken-off pieces of molecules, or molecules with an electron stripped away. Because a free electron can hardly stand being unattached, free radicals tend to race frantically



damage. Other studies show that the mineral selenium has the same protective effect. Eating foods rich in these substances as well as using supplements containing them can protect cells against free radicals and premature aging.

Superoxide dismutase is the latest substance reported to protect cells against the onslaughts of free radicals. Pollution, radiation, ultraviolet rays and food additives are some of the conditions that create free radicals in the body. Along with the problem of aging, some of the research on SOD is aimed at cancer, arthritis and muscular dystrophy.

An Atlanta physician, Dr. Milton Fried, is another vigorous booster of SOD. "The therapeutic possibilities of SOD are mind-boggling," he said. "We may have in our

With a 120-year lifespan, we would be entering middle age at 65, not retiring. Our bodies would be energetic & our minds sharp.

around the cell until they find other molecules they can latch on to."

On a lighter note, Dr. Alex Comfort once observed, "A free radical has been likened to a convention delegate away from his wife; it's a highly reactive chemical agent that will combine with anything that's around."

A free radical's attack on other molecules can be so violent that it sets off a chain reaction of free radicals. Work by Denham Harmon in the 1950s led to the view that free radicals are created in a flash and might cause accelerated aging.

This approach inspired experiments showing that vitamins A, C and E can counteract free radicals and prevent cellular

grasp a system of enzymes which may allow us to slow down aging and to prevent and reverse a long list of degenerative diseases." He feels SOD may contribute to a life expectancy of as much as two centuries.

An experiment with mice at the University of California at Irvine, using the antioxidants vitamins C and E, selenium and SOD to repair free radical damage, showed radical results. The mice, age 70 in human terms when treated, lived an average of 49 percent beyond their normal lifespans.

While superior nutrition is critical for extending the lifespan, too much food can shorten it. Studies with animals have shown that limiting them to 60 percent of their

normal food intake can extend their life-spans 33 to 50 percent. That is essentially fasting them one day out of three. Another study showed that mice who are underfed, while receiving a nourishing diet, live a normal span but do not show the signs of deterioration that normally accompany aging. While care must be taken when applying the results of animal studies to humans, the results do indicate that too much food, no matter how good, is bad.

Allan Gott, M.D., a New York psychiatrist, has found that many of his older patients benefit from taking the amino acid L-glutamine and another substance, choline (found in lecithin). "My personal experience and studies have shown that these nutrients improve mental acuity, including memory," says Dr. Gott. "Again and again I've seen them work with older patients."

Another psychiatrist, J.L. Newbold, M.D., reports that chromium can be helpful in slowing aging. "Chromium is useful in preventing and lowering high blood pressure," he says. "It also helps reduce cholesterol levels and hardening of the arteries. This means that chromium probably helps fight the mental changes that accompany senility."

Lifetime good health is connected to many factors and certainly demands constant attention. In the best-seller *Live Longer Now*, Nathan Pritikin and his co-authors point to the specific life-extending benefits of a good diet and exercise program in increasing the lifespan along with improving general health. In their introduction they emphasize that eating correctly and exercising regularly have the effect of extending the middle years, not the old ones. "This means," they say, "that you may live 20 years longer, but your age 65 would be more like age 45, and age 90 would be more like age 70. Extra middle years give you more years while your productivity is high, causing your net worth to society to go up."

What is perhaps most intriguing about any study of aging is the obvious conclusion that we have a degree of control over the process. A thoughtful look at the diet followed by the oldesters of Vilcabamba reveals that they naturally eat the way all of us should. And, they don't overeat.

"They eat slowly and in small amounts," said Dr. Jorge Santana, the Quito physician. "Their food is highly nutritious and

much of it is eaten fresh."

The Vilcabambans enjoy organically-grown fruits and vegetables along with whole grains for plenty of fiber. They eat meat only about once a month, and their diet is low in fat. Because of their isolation and natural surroundings, they have avoided many of civilization's nutritional problems.

Wherever we live, we can try to emulate them. In addition, supplements to guarantee sufficient amounts of the anti-oxidant vitamins, C and E, are useful. The place of vitamin A in protecting against cancer is documented and gives it an important spot in any nutritional support program. Extra magnesium and calcium become necessary with aging to ward off osteoporosis, the condition that weakens bones and leads to broken hips. Selenium is another anti-oxidant critical for gentle aging. Lecithin and brewer's yeast are valuable substances to improve nutritional intake.

There's no question that "old age is preferable to the alternative." But with an enlightened health program, we can all stay younger, longer. We don't have to move to Ecuador. Simply follow the tips outlined here—and enjoy a life that is longer and better. Anyone can do it. □

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A Camp with Real Food & Fine International Flavor

by Laura Pfaff with
Shanti Thompson

It was the last meal of the session, Saturday lunch. I was behind the counter in the kitchen, serving seconds in the lively dining room. Julie looked pensive as I filled her dish with quiche and fresh tomato slices.

"What's wrong?" I asked the petite 10-year-old.

"I don't want to go home," she sighed. "Here we have *real food* for lunch. At home we never bother. The most I ever have is a sandwich, and I usually have to make it myself. It's so much nicer to have a meal with hot food, and something new or different every day."

Several days earlier, I had been picking beans in the garden with Timmy.

"You must be an expert on the subject," he told me. "How do you suggest I make the transition from being a vegetarian for three weeks back into the meat-eating world? I mean, I don't think I should just go straight to McDonald's and pig-out on junk food first thing."

Each summer, I hear countless comments and questions like these. As manager of the kitchen and gardens for the Legacy International Youth Program in Bedford, Virginia, I have the unique opportunity (and awesome responsibility) of helping to introduce young people ages 9-18 to the new experience of vegetarian eating.

Legacy is much more than a summer camp. Its program is designed to bring young people from all over the world, from widely varying cultural, racial and

social backgrounds, into one community where they can work together, learning to understand each other and to live in harmony. The vegetarian diet plays a very important role.

The program includes a wide variety of activities. Participants explore communications technology such as video, computers and amateur radio. They experience different cultures through food, dress, festivals and music. They

learn new languages using enjoyable accelerated methods that eliminate study and strain. They publish their own weekly newsletter, put on plays, learn international crafts, and govern their own "community." Self-respect and concern for others are the result, especially enhanced by community service projects such as harvesting food, weeding gardens, and helping to prepare special festival meals.



PHASE 1: THE ADJUSTMENT

Legacy is not specifically for children of vegetarian families. In fact, less than one out of 10 children and only about half the staff are vegetarians. So why this "unusual" diet? It provides healthful, wholesome sustenance. In addition, the basis of vegetarianism is consistent with ideals the program seeks to exemplify and translate into other areas. Among these are *respect* (for living creatures); *generosity* (not taking more than one needs—it takes far more land and grain to support a meat-centered rather than a vegetarian diet); *responsibility for the environment* (explored through organic gardening and recycling garbage and waste containers); and *global understanding* (many of the world's peoples have meatless or low-meat diets).

For many American and European children, this sojourn into vegetarianism is a first opportunity for voluntary restraint, a bit of self-discipline which can assist personal growth. Willingly "doing without" their customary diet and unconscious eat-

ing habits expands horizons and breeds understanding—and makes the first few days of each session predictably uproarious.

For the majority of the young people, the food is unfamiliar. Comments, complaints and consternation abound. Most of the "noise" is created by half the population: the American children. Not only are they unaccustomed to the absence of meat, but they bemoan the absence of sugar and the unfamiliarity of natural, healthful foods.

We do not intentionally serve "strange" and "unusual" dishes; we make a great effort to present familiar foods, especially at the beginning of each new session. Pizza, spaghetti, "burgers," pancakes and peanut butter are "old favorites" on the menu. Nevertheless, whole wheat spaghetti, veggie burgers and carob brownies just aren't the same as Chef Boy-Ar-Dee, McDonald's or Duncan Hines.

The other half of the program's participants are not American, and while they may be experiencing a proportionally greater adjustment to the new surroundings, they seem to show greater receptivity to the food we serve.

PHASE 2: FLOCKING TO THE KITCHEN

After the initial upheaval, the clamor subsides. Suddenly, we are running out of food, though we were sure we had prepared more than enough. The children are eating with enthusiasm, and coming back for more—and more—and *more*. They beat paths to the kitchen at all hours of the day, wanting to learn, to help, to create and to serve. Cooking classes are favorites; ten-, thirteen- and fifteen-year-olds gravitate to the kitchen during their free time, or come early to meals, knowing their assistance will be welcome.

The kitchen is unquestionably of prime importance in the overall program. Kitchen staff are trained side-by-side with administrators, counselors and specialty instructors; they are as integral to the attainment of the program's ideals as the professional craftspeople and linguists. This is reflected by the people who find it a privilege to work in the kitchen. In 1982, kitchen staff included a former Peace Corps volunteer and restaurant owner, a Peruvian lawyer, Nigerian, American and East Indian college students, a Greek elementary school teacher, a professional speech therapist and a Ghanaian linguist.

Each meal is planned, prepared and served with love and attention. The children observe this and respond, eager to know how the magic transformation of raw ingredients takes place and to help with all aspects of the process. They weed the

gardens to "save the tomatoes!," harvest squash, pick peaches, shuck corn, cut apples, snap beans, chop onions, knead bread, set tables—and even wash dishes. The goal is not to create master chefs or food service administrators, though extensive skills are acquired. The kitchen is a place of high-gear activity, excitement, discovery and sharing, where young people work together for a common goal; their horizons are expanded, communications deepened. Their friendships blossom and maturity unfolds.

INTERNATIONAL UNDERSTANDING THROUGH FOOD

Highlighting each session are cultural focuses—in-depth explorations of selected countries. By wearing the clothing, playing the games, singing the songs, making the handicrafts, dancing the rhythms and discussing the local problems of each nation with natives and diplomats, youths capture the feelings, from the inside out, of what it means to be Greek, Japanese, Ghanaian or Sri Lankan. Food serves as one key vehicle for making each cultural focus personal and immediate. An entire day each week is spent preparing and eating a feast according to the customs of the area being explored. Natives of the focus country or region take charge of the meal's preparation and share their cooking lore with the children who have elected to join in that aspect of the day's activity. The dining room is decorated to re-create that country's atmosphere, and native music is played.

Last year's Greek feast was gay and festively noisy and the menu a smashing success with spanakopita, fasaladaopa, Greek salad with feta cheese and black olives—and baklava for dessert. Two weeks later we focused on the Sea and Island Nations. To the tune of Japanese Koto and flute, the children taught each other how to use chopsticks and quietly munched on hiziki, nori, fried tofu in Korean barbecue sauce and kombu soup.

A new diet develops attentiveness to and understanding of food's importance. In just three to six weeks, youth and staff become acutely aware of the part food plays in their lives and the lives of others. A counselor from Jamaica, for example, questioned the practice he observed of putting both butter and honey on one's toast, which seemed to him to be the epitome of greed. He could understand eating one or the other, but to eat both together was unthinkable. He was amazed when we explained that it is customary in the U.S.



CAMP

Poverty, famine and malnutrition take on new meaning and relevance; the impact of this awareness endures. Following the program, several alumnae chose to participate in the annual one-day Oxfam fast for world relief, when participating individuals donate sums equivalent to the cost of the meals they voluntarily miss to help those in need. A small group of youth have also organized themselves to serve at soup kitchens in the Washington, D.C., area on a monthly basis.

In follow-up contact, parents are asked: "Have you noticed any changes in your child as a result of his or her participation in Legacy?" Every year we get several responses touching the same theme: "Yes, but it's difficult to describe. She seems to appreciate life more. She is quieter somehow—more accepting and understanding. Plus she doesn't eat as much junk! She understands and can notice its effect on her."

Once in awhile, we hear of a boy or girl who decides to pursue a vegetarian diet. One mother, initially concerned about her son's decision, noticed a marked improvement in his health. Certainly the great majority return to eating meat, some right away, some gradually. For all, the experience has served its purpose: what we sense among these young people is an attitude of confidence and accomplishment, and more broadly-based knowledge. They have discovered a new personal strength and capability through their own efforts.

The Legacy International Youth Program is run by the Institute for Practical Idealism and is in session from June 25 to August 7. There are 6-week and 3-week programs offered for those between 9 and 18; costs range from \$650 to \$1550. For further details, call Legacy at (703) 522-1407 or (703) 297-5982.

Paprika Potatoes

- 6 medium potatoes
- 2 onions
- Sea salt, to taste
- 2 bay leaves
- Paprika to taste
- 1 tsp. cayenne pepper (optional)
- Oil for frying
- Lemon or lime juice

Dice potatoes into half-inch chunks. Slice onions thinly. Mix potatoes, onions, salt, bay leaves and enough paprika to give the potatoes a rich, red coating. Add cayenne for spicy taste.

Heat one-quarter inch of oil in pan. Put in potato mixture and stir constantly until



Growing food together creates a harvest of knowledge and understanding.

potatoes are well coated with oil. Fry about two minutes, then add about half an inch of water, turn heat down, cover and let simmer until potatoes are firm on the outside, but well-cooked inside. Remove from heat and add lime or lemon juice to taste, stir and serve with bread or rice.

Whole Wheat Buns

- 4½ cups lukewarm water
 - 1½ Tbs. salt
 - ¼ cup oil
 - ½ cup honey
 - 10-15 cups whole wheat flour
- Preheat oven to 350°.

Add yeast and honey to water; allow yeast to blossom (approx. 1 minute). Stir to mix. Add flour 1 cup at a time until 5-7 cups have been beaten in and mixture is consistency of thick mud. Beat 100 strokes. Set aside 30-60 minutes.

Fold in oil and salt. Fold in flour until dough is kneadable consistency. Knead 5-8 minutes. Place in oiled bowl and let rise until doubled. Punch down.

Pinch off pieces the size of a plum. Shape into balls, flatten with palm of hand onto greased sheet pan. Let buns rise 15-25 minutes. Bake at 350° for 20-30 minutes. Cool before slicing.

Dal

- 3 cups water
- 1 cup dried lentils or yellow split peas
- 1 tsp. sea salt
- 1 tsp. turmeric
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 tsp. ground cumin
- ¼ tsp. ground cardamom

- 2 Tbs. ghee (clarified butter) or melted butter
- Juice for one lemon

Sort lentils, removing any debris. Rinse. Combine water and lentils and bring to a boil. Add salt and simmer, covered, for 45 minutes. Meanwhile, in a small skillet heat ghee or butter and saute the onions and garlic until golden. Add turmeric, cardamom and cumin and cook one minute longer. Add onion mixture to lentils when lentils are tender. Continue to simmer approximately 20 minutes until thick. Add lemon juice just prior to serving. Traditionally served over rice or as a dip for bread.

Peanut Sambal

- 5-6 green chilies, thinly sliced
- 6 cloves garlic, minced
- ½ cup roasted peanuts
- 3 Tbs. tamar or soy sauce
- 3 Tbs. lemon juice
- 1½ Tbs. tamarind paste
- 1 Tbs. honey
- 5 Tbs. water

Combine all ingredients in a blender. Blend into a smooth, thick sauce. (This is traditionally made by pounding everything in a mortar.) Serve as a dip for raw vegetables or spoon over rice.

Parsley & Coconut Salad

- 3 cups chopped parsley
- 2 cups shredded, unsweetened coconut
- Juice of one lemon
- Sea salt

Combine all ingredients (adding salt to taste). Cover and refrigerate until ready to serve.

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KAREN REARDON, Llama Store, Brattleboro, Vt.:

"For four years I've worked in food stores in New England. In this time I've become familiar with the effects of hundreds of supplements on literally thousands of people, myself and friends included. In these four years I have never seen nor heard of anything that remotely approaches Megavital HP Forte in potency and general all-around benevolence for the human system."

"I have seen Megavital take people out of severe dejection in a matter of just a few weeks. I've also seen tired, tense and/or edgy people as well as those with stress-related problems respond dramatically with renewed energy, vigor and calmness. To me, Megavital is truly miraculous."

JEWELL GOSNELL, Health Barn, Greenville, Tenn.:

"We've never seen anything as impressive as Megavital, so many people come back and tell us, 'I feel so much better now, how did I ever get along without them.' For me personally, it's the same story. I've also come to see how great it is for old folks who need a lift and a loosening up."

ROSEANNE RONDAZZO, owner, The Source, Manhattan Beach, Ca.:

"I love it! Personally, I've been given a real good positive feeling of well-being, with plenty of energy. Our customers say the same, almost all of them keep coming back for more. We're a beach community and most of our customers are young and healthy, but still they're getting a lot out of Megavital. Some of our customers had been somehow acquiring GH-3 on the black market and switched over to Megavital telling us that they like it better and it's much cheaper. We were disbelieving at first and refused to carry it, I'm really happy that the distributors were persistent with us."

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DISTRIBUTOR INQUIRIES INVITED

The Organic Way to Banish Pests

by Vic Sussman

Ah, the sounds of summer! Birds singing in the treetops, the drone of a far-off power mower, children laughing at play and—but wait. What are those sounds coming from your garden? Listen to that crunching, munching, chomping, sucking, buzzing and humming! The insect version of Patton's Army is rolling through your garden, feasting on the vegetables and fruits you have nurtured from seeds, destroying what they don't eat, wrecking your dreams of a bounteous harvest.

What do you do now?

Many gardeners across the U.S. will take the easy way out, drenching their gardens (and perhaps themselves) with an arsenal of pesticides. They'll follow a horticultural scorched earth policy, spraying poisons that disrupt the ecosystem by indiscriminately destroying insects, microbial organisms, earthworms and even birds—all to "protect" their vegetables.

Other gardeners, myself included, will adopt saner methods of insect control. Whether you call these techniques organic, biological, ecological or natural doesn't matter. The point is that these methods work without harming the environment or disrupting the delicate balance of natural forces in the garden.

Insects must be controlled and, unfortunately, killed to protect our food supply. Yet the ethically-minded person will approach this task conservatively, with care and respect for the environment, using only techniques known to be harmless to the ecosystem. Here are four principles to consider before taking arms against a sea of bugs:

First, discard the notion that bugs are our enemies. We share the planet with them. All bugs—even the mosquitoes that ruin our summer evenings and the Japanese beetles that consume our beans—fill important ecological niches. To see insects merely as enemies locks us outside the natural order, reinforcing the "them-or-us" notion that's already caused such environmental havoc.

Second, recognize that some insect damage in a garden is inevitable and natural. Cultivate the idea of "sustainable losses." That is, the bugs eat some, but leave enough for you. Try to garden in harmony with other creatures, resorting to minimum control techniques only when the balance begins shifting in the insects' favor. Don't panic at the first sight of a bug; identify the insect. Determine its role in the garden. Assess its damage (if any) to your plants before taking remedial measures. Soybeans, for example, can lose almost 50 percent of their leaves to beetles, while still

Well-nourished plants have more protection against insects, just as healthy people have more disease resistance.

producing a full crop. Do you want unleavened breads—a cosmetic luxury—or a non-toxic harvest of reasonable bounty?

Third, understand that plant-eating insects are predators. They'll generally attack weak and ill-nourished plants before preying on healthy specimens. While genetics and varietal selection play a role in producing strong plants, the key to a dynamic garden is healthy soil. You create this by continually applying organic matter (chemical fertilizers have a negative effect on soil structure), providing ample water and practicing crop rotation. Well nourished, steadily growing plants rooted in moist, humus-rich soil will have more natural protection against insect attacks, just as healthy people have more disease resistance.

Fourth, educate yourself. Living in harmony with the earth's rhythms demands discipline and specialized knowledge not



taught in schools or learned from TV. (That's why it's so easy and convenient to spray pesticides instead of trying to understand natural processes.) I suggest reading several books to expand your view of the complex role insects play.

Organic Plant Protection, edited by Roger Yepsen, Jr. (Rodale Press) is a standard work, surveying the basics of natural insect control; *Gardening Without Poisons* by Beatrice Trum Hunter (Regent House, 2nd edition) is also comprehensive, covering biological controls and organic garden management; *The Bug Book* by Helen and John Philbrick (Garden Way) presents a concise discussion of bio-dynamic gardening techniques for insect control; and the *Color Handbook of Insects* by Anna Carr (Rodale) will enable you to identify those beasts slithering through your cabbage patch.

Now, here are some general guidelines for dealing with insect interlopers.

Resistant varieties have chemical or physical characteristics that leave them free from (or less subject to) specific bug invasions. Butternut squash, for instance, resists vine borer attacks. Royalty Purple Pod Beans are less attractive to Mexican bean beetles; De Cicco broccoli doesn't appeal to striped flea beetles; Savoy Chieftain cabbage is less bothered by cabbage loopers. There are many more such cultivars that can be matched to an insect problem in your garden. Check seed catalogues and ask your agriculture extension agent for suggestions. (Also, see *Organic Plant Protection* for a list of resistant varieties.)

Crop rotation is one of the simplest ways to limit the activity of certain insects and soil dwelling diseases. Except for

perennials, avoid growing the same plant in the same place every year. This may involve some ingenuity in small gardens, but it's worth the effort. When a vegetable is grown in the same place season after season, the insects attracted to that variety naturally build up their population in the same place. But by hop scotching vegetables around the garden, you discourage a build up of pests.

Barriers of cheesecloth or screened boxes can keep marauding insects away from seedlings until the plants have matured enough to withstand attacks. (Many bugs prefer tender seedlings to older, tougher plants.) Squash, melons and cucumbers grown under such coverings can be saved from destruction by cucumber beetles. All screens must be removed once the plants flower so pollination can occur.

Trap crops can lure certain insects away from target crops by offering a more tempting feast. Flea beetle damage (leaves riddled with buckshot-sized holes) can be reduced, for example, by planting mustard, which they prefer to cabbage or eggplant. The trap crop must be near enough the target plant to lure the bugs, but not alongside or else both plants may be attacked.

Companion cropping involves planting certain varieties known to repel specific insects or to confuse their ability to locate host plants. Tansy and catnip planted close to cucumbers, for instance, reduces the cucumber beetle population. Strongly aromatic plants like garlic and onions also seem to repel various bugs. For more on this, read *Carrots Love Tomatoes* (Garden Way), a guide to companion planting by Louise Riotte. But be advised that companion cropping is no sure thing and demands considerable experimentation.

Natural enemies of garden pests can be encouraged in several ways. Lighting bug larvae feed on slugs; yellow jackets and braconid wasps attack tomato hornworms; brown wood spiders zap grasshoppers; ladybugs thrive on aphids; and everyone knows about the voracious appetite of the praying mantis. Encourage this balance by keeping your garden as natural as possible. Let weeds, which harbor countless insects, grow closely around the borders of your garden.

Grow a wide variety of vegetables, flowers and herbs arranged in mixed plantings—the better to attract a varied population of bugs. (Growing flowers and aromatic herbs among vegetables also helps to scramble certain insects' abilities to locate target plants.) And, of course, avoid using pesticides which kill "good" and "bad" bugs indiscriminately.

Homemade sprays concocted of hot peppers, garlic, onions and aromatic herbs can make ecologically safe but effective insecticides or repellents. Green onions blended with an equal portion of water, for example, make an effective spray against aphids. A spray made of naphtha or any other non-detergent soap will work against mites, mealybugs, leafhoppers and lacebugs. (Again, *Organic Plant Protection* has detailed recipes.)

Biological sprays are on the new frontiers of insect control. These non-poisonous substances are derived from naturally-occurring diseases that afflict certain insects. They affect only specific bugs, having no impact on birds, humans or other organisms. *Bacillus thuringiensis*, for instance, kills cabbage worms and various caterpillars by infecting them with a fatal stomach ailment. (BT is sold under the trade names *Thuricide* and *Dipel*.) Another BT spray will be available soon for controlling potato beetles.

Botanical sprays derived from plant roots and flowers are the big guns of organic culture. Ryania, rotenone and pyrethrum are non-persistent but potent sprays and dusts. They should be used selectively and as a last resort. Though relatively non-toxic and biodegradable, botanicals can kill beneficial insects, upsetting a garden's ecosystem. Also, commercial preparations of botanicals often contain potentially harmful additives and chemical boosters. Read the label carefully.

Handpicking is simple and non-toxic. Bugs, slugs and larvae can be gathered each morning and either released out of the garden or destroyed, depending on your sensitivities.

Timing the planting of a crop can rescue it from bug damage. Insects feed, mate and hatch according to natural cycles. Beans planted after the peak of the Mexican Bean Beetle season, for example, can grow to harvest relatively unharmed. Similar strategies can be followed with other vegetables and fruits. See your agriculture extension agent or an entomologist at a nearby college for more information on insect cycles in your area.

There you have a general outline of natural insect control, one dependent on an educated and ecologically aware gardener. Though not as easy or convenient as fogging your garden with malathion or Sevin, organic gardening pays lifelong dividends of good food, good health and good soil. As Michel de Montaigne said, "Let us permit nature to have her way; she understands her business better than we do."



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When the Second Wind Blows

Q Your column is didactic and motivational; thanks for your sharing and sensitivity. I'm a 32-year-old vegetarian male on a regular program of jogging, weight-lifting and stretching as outlined in your book. A term I hear often is "second wind," but I'm not clear about its meaning. What is "second wind" and how does it relate to jogging?
—I.M., Pacific Palisades, California

A Do you notice when you are jogging that the first several minutes are strained? You don't feel very smooth, fluid or easy in your actions? Then after several minutes, something happens: your breathing gets easier, you feel lighter, stronger and faster. This is second wind. It occurs a few minutes into your jogging when all the systems involved in the experience appear to begin running more efficiently. There has been some argument about whether or not there is something real in this second wind. I believe there is. Watch for it.

Setting the Right Pace

Q I would like to get your advice on how fast I should be running.
—U.R., Catalina, California

A You didn't mention how long you've been running, your physical condition or your age, so I'll make this response rather broad. If you are just beginning, there's no reason to think much about speed. Just move along easily at a pace in which you can still carry on a conversation with someone. The key is not to strain at the beginning. As you get stronger and improve in endurance, you'll be able to run faster and sustain a given pace longer with the same effort. Only then should you think about how fast you're running.

The longer you've been running, the more you probably desire to work on speed. You can do this easily by alternating faster bouts of running with slower bouts during one run, or by alternating days of fast, shorter distances with slower, longer distances.



Is There an Exercise/Appetite Connection?

Q I am 36 years old and have been a vegetarian for over ten years. After reading your column for several months, I've decided to get into an exercise program, but there's one thing that's still stopping me: I used to have a very large appetite. (Actually, I probably still do and have just learned to control the amount of food I eat.) I'm afraid that if I start exercising I will go back to eating more, and I can't afford to do that, in more ways than one. Can you advise me on this?—A.S., Phoenix, Arizona

A The idea that increased physical activity increases the appetite is fallacious. It is true that a lean person in good condition may eat more following increased activity, but his exercise will burn up the extra calories he consumes. But the overweight person—the overly fat person—does not react the same way to exercise. Only when he exercises to excess will his appetite increase. Because he has large stores of fat, moderate exercise does not stimulate his appetite. This difference between the responses to exercise of fat and lean people is important.

Laboratory tests have borne this out. When exercise is moderate, food intake does not increase. On the other hand, when exercise is more vigorous and performed over long periods, more is con-

sumed, but the extra activity keeps weight constant.

So start your exercise program right away. You'll feel much better and, unless you exercise for a few hours a day, you shouldn't be seeing an increase in appetite. And you will start seeing a desire for healthier foods that usually comes naturally when engaging in an exercise program.

After a Heart Attack

Q About six years ago I had a mild heart attack. I have done some light walking since then, but I'd like to engage in a healthier exercise program. Do you think this would be OK? I became a vegetarian right after the heart attack and feel much better than I ever have in my life. I'm a 66-year-old male and would very much appreciate your advice on this.

A Check this out with your physician. Chances are that your doctor will give you the go-ahead. Ask him or her to set up an exercise program for you and to monitor you through the first several months. It would be a good idea to have an exercise, or stress, electrocardiogram (EKG), to help your physician detect any complications that might be provoked by prolonged, strenuous exertion.

Susan Smith Jones, Ph.D. (Health Sciences), is a fitness instructor at UCLA. She is a health consultant, a motivational speaker and is the author of *The Main Ingredients: Positive Thinking, Exercise and Diet*. Send your questions to Ms. Jones c/o Vegetarian Times, P.O. Box 570, Oak Park, IL 60303

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OF RELATIVE IMPORTANCE

by Vimala Schneider

When my sister arrived home for my wedding after a long absence, two changes were apparent. First, she radiated health and tranquility; second, she had become a vegetarian. She explained that she had begun to think seriously about her health and, living with roommates who were vegetarians, she tried it and liked it. She was also meditating and taking yoga classes which, she said, accounted for her "radiance."

I had always followed my older sister around like a puppy; everything she did I had to at least try. But giving up my steak and junk food diet sounded like torture! That was thirteen years ago, and now I can't imagine living on my diet of those days.

Changing my eating habits was the last thing I did that year. For me, beginning a health regimen of daily exercise, yoga and meditation gave me the reason and motivation I needed to change my eating and cooking practices. I became more conscious of how food affected my mind and body in subtle ways. Six months of on-again-off-again vegetarianism convinced me of the radical difference my diet made; when eating fresh vegetarian foods, I was calmer, less prone to anger and anxiety, my meditation was better. I slept less and felt clear and light upon waking.

Realizing that only solid information would convince my husband to join my experiment, I began researching the subject, and discovered some amazing facts:

*The digestive system of humans is most similar to the vegetarian animals, not the meat-eaters. It was only during the last Ice Age, when their normal vegetarian diet was not available, that early humans began to eat meat in order to survive.

*Meat contains thirteen times more pesticides than vegetables and fruits. According to the Encyclopedia Britannica, meat has 56% "impure content."

*To produce meat protein we must use ten times as much land as the amount needed to produce the same amount of grain protein. If Americans alone ate half as



Two generations of vegetarians: Vimala Schneider and her children.

much meat, and the grain was given to people instead of cattle, this would release enough food protein to feed the entire developing world.

Though I no longer follow my sister around, I am glad that my last act of child-like imitation was to adopt her healthful habits.

*Many of the world's greatest scientists, philosophers, artists and athletes have been vegetarians. Tolstoi's comment especially hit home: "While we ourselves are the living graves of murdered animals, how can we expect any ideal conditions on this earth?"

The facts seemed to go on and on. My husband was convinced, and began to ex-

periment along with me. Within a few more months we were both committed vegetarians. Now we have two school-age children who have been vegetarian since birth and who cannot imagine "eating cows and chickens." They are growing up with a conscious awareness of how food affects their bodies, their minds and the world around them—a head start which I envy.

Though I no longer follow my sister around, I am glad that my last act of child-like imitation was to adopt her healthful habits. Since then a growing awareness of the social and political ramifications of meat consumption has convinced me beyond a doubt that my choice was the right one.

Why are you a vegetarian? In response to reader requests, we are reviving our "Why I'm a Vegetarian" section. Each month, Vegetarian Times will select one story from a reader on why they adopted a vegetarian diet. Articles should be typewritten, double-spaced, and no longer than 3 typewritten pages. Photos are welcome as are favorite recipes. Only articles and photos accompanied by a self-addressed, stamped envelope will be returned. Send articles to Vegetarian Times, P.O. Box 570, Oak Park, IL 60303. Payment for articles selected for publication will be \$25.

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This month seitan dijon is the special entree. It comes from a wonderful dish called shrimp dijon created by a Chicago chef. Styled after Nouvelle Cuisine, which is light, simple, and yet sophisticated, this delicate entree can also be created with tofu instead of seitan. (Seitan is a Japanese, meat-like food made from wheat; see January 83 issue for more information.)

Included, too, is a nouvelle dessert designed after an original Swiss dessert using whipped cream and sugar. In my version there is less fat and no sugar, honey or fructose. Finally, I give you a traditional favorite, Banana cream pie the way Mother made it, only naturally.

—Brother Ron Pickarski

IN THE STYLE OF NOUVELLE CUISINE

Seitan Dijon

Yield: 4 generous servings

- ½ cup whole wheat bread crumbs
- 1 cup flaked unsweetened coconut
- 1 cup sherry
- 1 Tbs. minced fresh garlic
- 3 Tbs. chopped parsley
- 1½ tsp. salt
- 1½ tsp. paprika
- 10 Tbs. + 2 tsp. peanut oil
- 1/8 tsp. cayenne pepper (fine ground)
- 2 lbs. flaked seitan
- 1 qt. cooked brown rice

Heat the oil, add the garlic; let sauté about 1 minute but do not burn. Add the coconut, paprika, salt and parsley. Finally, add the sherry and cook a few minutes. Add bread crumbs and mix well, off the fire. This sauce can be used immediately, but it is best to let it stand overnight to let the flavor develop.

Oil individual dishes or one large baking dish. Layer the rice, then the flaked seitan, then top with the dijon sauce. Bake at 375°F

for about 15 minutes if all ingredients are cold, or 10 minutes if they are warm. Check to see if hot. Additional time may be necessary, depending on the oven. Serve with an accompanying colorful vegetable in a side dish.

Swiss Almond Creme

Yield: 4 generous portions

- 2 cups crushed, drained tofu
- 1 cup dried pineapple
- 1 cup water
- 2 Tbs. pure vanilla extract
- ½ cup cashew pieces
- ½ tsp. slippery elm (optional)
- 1 cup sliced almonds
- 2 tsp. ground cinnamon
- ¼ cup toasted almonds
- ½ tsp. ground cinnamon

Put all ingredients (except toasted almonds and ½ tsp. cinnamon) in a blender and blend until smooth. Let stand for a few hours in refrigerator for the osmotic reaction to take place. Portion equal amounts into four dessert bowls. The presentation is best when cream is piped into the bowls through a star tube in a pastry bag. Top with ¼ cup toasted almonds and ½ tsp. cinnamon. Serve cold. This dish is light and delicious, as well as being good nutritionally.

Banana Cream Pie

Yield: 1 10-inch pie

- ¼ cup cashew pieces
- 2 cups banana colata (banana-coconut fruit juice)
- 1½ cups sliced bananas



- 1 cup water
- 6 Tbs. honey
- ¼ tsp. salt
- ¾ tsp. vanilla
- 1 Tbs. arrowroot
- 1½ tsp. agar powder
- 1 additional cup sliced bananas

Blend all ingredients except the arrowroot, a bit of the water, and the last cup of bananas. Bring to a boil for 2 minutes. Dissolve arrowroot powder in remaining water, and add to the boiling mixture. When slightly cool, add additional cup of bananas. Put this filling in a pre-baked pie shell.

Note: All bananas should be soaked in pineapple juice to prevent discoloration before and during use. Drain well before using.

Crumb Crust

- 1 cup sunflower seeds, ground
- 1 cup wheat germ
- ¼ cup coconut oil
- 1 Tbs. safflower oil
- 3 Tbs. honey
- ½ tsp. vanilla

Mix all above ingredients together and pat evenly into one 10-inch pie shell. Bake at 350°F until golden brown (about 10-15 minutes). Garnish with sliced bananas, glazed with natural apricot preserves (1 banana per pie slice).

Bon appetit!



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Summer Fruit Tarts:

by Clare Barrett Obis

Fresh, Light, Easy-to-Make

Imagine the splendor of fresh, seasonal fruits, encrusted in a light flaky pastry with a melt-in-your-mouth pastry cream: the fruit is perfectly ripe, artfully arranged and covered with a delicate jewel-like glaze. That, my friends, is a tart—a light fresh fruit dessert which is elegant and far easier to make than you might think.

Unlike the American fruit pie, the fruit tart is not heavily sugared and the fruit itself is either slightly poached or is added to the pastry shell uncooked.

TART BASICS A *Tart aux fruits* consists of four basic parts (in the following order from bottom to top): the light flaky crust, a pastry cream layer, a fruit layer, and the glaze.

(Note: most tart recipes require that you create and bake the crust before you add the pastry cream and filling.)

This article provides several basic tart

recipes, plus separate recipes for a pastry cream, a flaky pastry tart shell, two recipes for glazes and some "dairyless tart recipes" using agar agar, a seaweed by-product sold in health food stores, in place of gelatin. In this way you can create your own magnificent tart, using fresh available ingredients, or you can rely on some of the recipes we've tested.

Before you begin to cook, however, let me offer you a few tips.

EQUIPMENT Two things that you will need are a *tart tin* and a *double boiler*. Both can be improvised. The tart tin should have a removable bottom; therefore, a pie plate will not do. A springform pan works well as a substitute, and so will a flan ring placed on a cookie sheet. (The recipes call for a 9-inch tart tin, except for the "dairyless recipes" by Roberta Lewis which require a 7-inch tart tin.) If you need a substitute for a double boiler, you may use a ceramic or stainless steel bowl set inside a pot of water, being careful not to let any of the water splash into the sauce. Other necessary equipment includes a rolling pin and a wire whisk.

HELPFUL HINTS Use only fresh ingredients. Your tart will be only as good as its components.
✓ If the recipe calls for butter, make sure it is unsalted.
✓ When making the crust, ingredients should be cold.

By the way, tarts usually have white sugar. In these recipes, honey and date sugar are used; they're considered preferable because they're whole foods, not the remnants of a refining process, and they contain micronutrients so they're something more than empty calories.

Finally, if you get serious about making tarts, by all means you must get a copy of *Pamella Z. Asquith's Fruit Tart Cookbook* (Harmony Books, New York).

Making tarts is lots of fun. Try it—you'll be amazed at how easy it really is. You'll love their light, sweet taste and they're great as a summer snack or meal.

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FLAKY SUMMER FRUIT TART

- 1 *Flaky Pastry Tart Shell* (see recipe)
- 8 oz. cream cheese
- $\frac{1}{2}$ cup date sugar
- 1 Tbs. grated lemon rind
- 2 Tbs. lemon juice
- 2 peaches
- 6-7 small purple plums
- Fresh strawberries
- $\frac{1}{2}$ cup jelly, strawberry or blackberry
- Additional fresh fruit

Prepare the pastry as directed, then chill it well for an hour or two. Then, on a lightly floured board, roll it out carefully into an

oblong—about 9"x14". Either fit it into a buttered, oblong baking pan or make your own from aluminum foil, folded twice for sufficient thickness. The crust should have a raised edge about $\frac{1}{4}$ " high on all sides. Prick crust with a fork in several places and chill in the freezer for an hour or so before baking at 375° for about 20 minutes. Let it cool in the pan, then take it out and place it on a large, elegant serving platter.

Beat together the softened cream cheese, sugar, lemon juice and grated rind until smooth and creamy. Spread this mixture evenly over the pastry crust.

Peel the peaches and slice them rather thinly. Wash the strawberries. Cut the plums in half, without peeling, and take out

the stones. Arrange these fruits in rows across the pastry, making as fine a show of it as you can. Finally, melt the jelly and brush it over the fruit to give it all a jewel-like glaze.

Chill very well before serving. If you have room on the serving tray, arrange a few small pieces of fresh fruit at the ends of the pastry—strawberries with their stems and leaves, a few polished plums, an apricot or two, or some additional peach slices are all lovely.

APPLE TART

- 1 *uncooked pastry pie crust*
- 1 *cup applesauce*

The Dairyless Tart

The luscious Raspberry Custard Tart in the photo is made without any dairy products. Created by Roberta Lewis, a whole foods cook who operates the Natural Food Cooking School in Chicago, the recipes here will produce the pictured tart, and varieties on the theme especially helpful to those avoiding all animal products.

FLAKY TART CRUST

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{8}$ tsp. sea salt
- 2 Tbs. unrefined corn oil
- 2 Tbs. water

Pre-heat oven to 350°. Mix sea salt and flour together. Add oil and mix, lightly. Add water and work, lightly, with fingers to moisten all the flour. Dough that is slightly moist, but on the crumbly side, will make the flakiest crust. Oil a tart form or pan; use your fingers to pat dough, very thinly, over the tart form. Bake for 20-30 minutes. Cool crust before adding filling.

RASPBERRY TART FILLING

- 2 cups apple-raspberry juice
- $\frac{3}{4}$ bar of agar-agar

Rinse agar-agar (a seaweed extract that will form a gel) under running water for a few minutes until soft. It should have the texture of a wet sponge. Squeeze out excess liquid. Tear agar into little pieces and add to the juice. Bring juice and agar to a light boil; lower the flame, cover pan and simmer until agar is dissolved—approximately 5-7 minutes. Pour mixture into shallow bowl. Allow to cool, but not to set. Pour

cooled filling into tart shell. Let filling set for 45 minutes to an hour in the fridge. Slice and serve.

LEMON CUSTARD SAUCE

- 2 cups apple juice
- 3 Tbs. soy milk powder
- Rind from one lemon, grated
- Juice from one lemon
- 3 Tbs. arrowroot powder or 2 Tbs. kuzu powder (sold in health food stores)
- 1 tsp. pure vanilla extract



A Raspberry and Orange Tart with a Mocha Cream Swirl

- 2 cups thinly sliced apples
- 2 Tbs. honey
- 1 Tbs. melted butter
- 1 Tbs. lemon juice
- 1 tsp. cornstarch

Line a buttered 9-inch spring-form cake pan with the pie crust. Spread the apple-sauce evenly over the bottom of the crust.

Mix the apples with the sugar, butter, lemon juice and cornstarch. Arrange the apples in concentric circles around the outside edge. Fill the center with another concentric circle or a nice design. Bake in a 375° oven for 45 to 50 minutes. Cool thoroughly and gently transfer the pan to a plate.



Whisk together soy milk powder and juice. Add lemon rind. Bring to light boil. Cover pan, lower flame and simmer for 5-7 minutes.

Dissolve arrowroot or kuzu powder in lemon juice. Add to simmering liquid, stirring constantly until thick and custard-like. (Add less arrowroot for a thinner sauce and more for thicker sauce.) Pour into shallow bowl and let cool. Serve over individual slices of raspberry tart. For a hot dessert, serve warm.

ORANGE CUSTARD FILLING

This is the same as the recipe for lemon custard sauce (above), but an orange is used instead of a lemon for the grated rind and juice, and one-half bar of agar is added to the soy milk and apple juice, giving the custard a thicker consistency. When adding agar, follow directions in raspberry filling recipe (that is, rinse, squeeze and tear it into little pieces).

After you've let the orange custard cool (but not set) in a shallow bowl, pour it into a tart shell and allow to set for 45 minutes. When set, swirl mocha cream sauce (see recipe below) over the entire surface of the tart.

MOCHA CREAM SAUCE

- 8 ounces soft tofu
- ¼ cup pure maple syrup
- 1 Tbs. coffee or "grain" coffee (I prefer Calif)
- 2-3 tsp. pure vanilla extract

Blend all ingredients together until very smooth and creamy. When orange custard is set, swirl over entire surface (or center portion only) of tart. Since this recipe makes a lot of cream sauce, you might prefer to cut the recipe in half and spread the cream, thinly, over the tart, instead of swirling it thick and rich.

APRICOT TART

- 1 pre-baked pastry pie crust, baked in a buttered 9-inch spring-form pan
- 1 Tbs. arrowroot or cornstarch
- 1 cup heavy cream
- 1 Tbs. butter
- 2 Tbs. honey
- 8 ripe apricots
- Glaze (see recipes)

Cool the crust and carefully transfer it from the pan to a plate.

Mix the arrowroot or cornstarch with half the cream. Pour into a saucepan, add the butter and sugar (or honey), and heat, stirring constantly with a whisk until thickened. Cool slightly and spread the mixture over the bottom of the crust. Drop the apricots into rapidly boiling water for 3 minutes. Drain. Gently peel off the skins. Cut the apricots into perfect halves and remove the pits. Carefully cover the cream mixture with apricot halves—arrange them around the outside edge first, then work inward. Chill while preparing the glaze.

Spoon a little of the glaze over each apricot to coat. Chill the tart to set the cream filling and the glaze.

Variation: Replace the cream filling with 1 cup sweetened ricotta cheese.

STRAWBERRY TART

- 1 pre-baked pastry pie crust
- 1 Tbs. arrowroot or cornstarch
- 1 cup heavy cream
- 1 Tbs. butter
- 2 Tbs. honey
- 1 qt. strawberries, evenly sized, good color
- Glaze

Gently remove the cooled crust from the cake pan and transfer it to a plate.

Mix the arrowroot or cornstarch with half the cream. Place in a saucepan with the remaining cream, butter and sugar. Heat slowly, stirring constantly with a whisk until thickened. Cool slightly and spread the mixture evenly over the bottom of the crust. Stud the cream filling with the strawberries, stem end down. Chill while preparing the glaze.

Spoon a little of the glaze over each strawberry to coat. Chill the tart until the cream filling and the glaze are cool. This recipe makes one 9-inch tart.

Variation: use blueberries or raspberries instead of the strawberries.

FLAKY PASTRY TART SHELL

- 1½ Tbs. ice cold water, with a squeeze of fresh lemon juice
- 6 Tbs. unsalted butter
- ½ tsp. salt
- 1 Tbs. date sugar
- 1 cup flour (half unbleached white, half wholewheat pastry flour)

Cut the butter into the sugar, salt and flour with a fork or pastry cutter, until it

resembles small peas.

Pour in the cold water & lemon juice, and toss lightly to mix. Form the dough into a ball. Throw the ball down on the work-surface several times to release any air. Wrap and refrigerate for several hours.

Remove the dough and allow it to warm to cool room temperature, or until you can handle it. Press it flat and pound it with a rolling pin. Roll it out to 1/8-inch thickness on a floured board, and place in tart tin, folding the edges of the dough over to form a double layer on the sides. Pinch the sides securely to the pan. Chill again in the freezer for at least ¼ hour.

Bake in preheated 400°F oven on a baking sheet for about 10 minutes, until the bottom swells. Remove and prick with a fork several times to release steam. Bake another 10 minutes, or until golden brown. Cool thoroughly before filling.

HONEY GLAZE

- ½ cup steamed, pureed apricots
- 3 Tbs. honey
- 1 Tbs. lemon juice
- 1 Tbs. water
- 2 tsp. cornstarch

Mix the cornstarch into the other ingredients until smooth. Heat the mixture, stirring constantly, until it is thickened.

ORANGE GLAZE

- 1 cup orange marmalade
- 1 Tbs. water

Heat in small saucepan until liquid. Strain. Cool and brush over fruit.

CLASSIC CREME PATISSIERE (Pastry Cream)

- 1 cup milk or cream
- ¼ vanilla bean (or ½ tsp. pure vanilla extract)
- ½ cup granulated sugar or date sugar
- 3 egg yolks
- 2 Tbs. cornstarch
- 1 Tbs. soft butter (optional)

Place the milk and split vanilla bean, if used, in a saucepan and bring to the boil. Cover and keep hot.

Put the sugar and egg yolks in a mixing bowl (this may be done in a mixer) and beat with a wire whisk until the mixture is golden yellow and forms a ribbon. Using the whisk, stir in the cornstarch.

Strain the hot milk into the egg and sugar mixture, beating constantly with the whisk. The vanilla bean may be rinsed off and stored in sugar.

Pour the mixture back into the saucepan and bring to the boil, stirring constantly with the whisk. Cook for 1 minute, stirring vigorously. Add the vanilla extract if used. If the pastry cream is not to be used immediately, rub the surface with butter to prevent a skin from forming as it cools.

Yield: about 1½ cups.

—from Craig Claiborne's NYT Cookbook

FABULOUS FILLO

by Clare Barrett Obis

Fillo dough is truly one of the wonders of the culinary world. Tightly packed in its sealed carton, a pound of it unfolds to a stack of sheer white, paper-thin "leaves." Layered with butter, filled and baked, it emerges from the oven a puffed and golden-crust ed work of art. Its visual appeal is matched only by the taste of the flaky, crisp, buttery wrapping around some equally appetizing filling.

We have Greek cuisine to thank for this delightful invention. You may have had the pleasure of sampling the Greek fillo specialties *spanakopitta* (spinach cheese pie) and *baklava* (a nut-filled pastry drenched in honey). If you haven't, there's a treat in store.

Fillo dough was long relegated to the category of painstaking culinary art, passed on from generation to generation. The paper-thin strudel dough was rolled and stretched and rolled and stretched by hand, using pins the size of broomsticks, on our Greek and Viennese grandmothers' dining room tables.

Commercially-made fillo is in common use now, made by local ethnic bakeries and distributed through local specialty markets. And, luckily for us, a top-quality fillo dough is distributed nationally, throughout the U.S. and Canada, by Athens Foods. This Cleveland-based bakery turns out several thousand pounds of fillo daily. If it isn't available in the frozen foods section of your supermarket, ask for it.

No doubt about it, your initial contact with this unusual stuff can be intimidating. Familiarity with the traits of fillo should, however, inspire you with the courage to try it, and care in handling will ensure success.

Rule number one is to defrost the dough, slowly and thoroughly, before opening the package. The recommended procedure is to defrost it in the refrigerator overnight, and then at room temperature for two hours before use. So, you must think ahead. Defrosted too quickly, the dough will suc-



cumb to condensation, and the tissue-thin leaves will stick to each other and become a mess. Defrosted insufficiently, the leaves are prone to crack and break into little pieces. The defrosting procedure, while very simple, is also very important.

Because of its thinness, fillo has a tendency to dry out and become brittle. This unhappy eventuality can be avoided, however. To keep it from drying out, you must keep all but the one leaf you are working with covered, and work quickly. It is very helpful to have everything you need for the recipe assembled before you unwrap and unroll the dough. The filling, the baking pan, the melted butter and a soft pastry brush are what you need, in addition to a sheet of heavy plastic or waxed paper and

a dampened kitchen towel to cover the unused fillo leaves.

There are about 24 sheets of fillo, 14"x 18" each, to a pound of fillo. No matter what shape the final product is to take—triangle, sheet-pan, strudel roll—the initial treatment of the pastry leaves will always be the same. They will be layered, each leaf brushed generously with melted butter or margarine, and then placed one on top of the other. This procedure strengthens the dough, seals it against moisture and gives it its golden brown color and crispness.

Finally, the more you work with fillo dough, the easier it gets. Bring some home and try it out—you'll be handling it like a pro in no time, and you'll be amazed at the results.

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FILLO

FILLO POSSIBILITIES

There are endless possibilities for this pastry. Refried beans, assorted leftovers, your favorite filling of any kind—all can be made glamorous by encasing in fillo and baking. For appetizers, main dishes and desserts, think of fillo dough if you want to add excitement to what could have been an ordinary meal.

Defrosted and well-sealed, fillo keeps in the refrigerator for several weeks. Unused portions can be sealed air-tight and re-frozen. It's a good staple item to keep on hand.

In addition, fillo dishes can be prepared several hours (even up to a day) in advance of baking, making them party perfect. Strudels or pastries that have been baked and cooled can be wrapped and frozen. They defrost and reheat very well, losing only a little of their original crispness. It's smart thinking to prepare double the portion you need for a given meal and freeze half. Then some dreary day when you can't think of anything for dinner or dessert, you can pull it out of the freezer, heat it up, and have something elegant to enjoy 35-40 minutes later.

Fillo Pizza

6 oz. tomato pizza sauce (or mix 6 oz. tomato sauce, 1 Tbs. sugar, 1 Tbs. oregano and 1 Tbs. cinnamon)

1 green scallion

¼ cup fresh chopped mushrooms

¼ cup sliced, black pitted olives

½ cup shredded mozzarella cheese

¼ cup bread crumbs or Fillo Flakes

½ lb. fillo dough sheets

Melted butter (about ¼ cup)

Preheat oven to 375°. Grease a 9" x 13" baking or pizza pan. Butter and arrange five fillo sheets evenly over the pizza pan. Then arrange another layer of five sheets on top, buttering after each leaf. Bake for five minutes and remove from oven. Pour sauce evenly over the fillo pizza shell; top with scallions, mushrooms, olives and cheese. Bake for 25 minutes or until golden brown.

Baklava

4 cups ground walnuts or a mixture of ground walnuts, pistachios, pine nuts or almonds

½ cup date sugar

1 tsp. cinnamon

1/8 tsp. cloves, ground

½ lb. sweet butter

1 lb. fillo pastry (24 sheets)

Chopped pistachios (optional)

Pastry:

2 cups water

1 ¼ cups honey

2 Tbs. lemon juice

A few drops rosewater (optional)

Mix the ground nuts with the date sugar, cinnamon and cloves.

Melt the butter and brush a 12 x 14- or 16-inch pan with it. (A broiling pan can be used if it has shallow sides; cover it with foil to smooth out the grooves.)

Lay one sheet of fillo pastry flat. Brush with the butter. It does not have to be coated completely; just make certain that most of the area has some butter on or near it. Lay down another sheet and brush with butter again. Repeat until four sheets are on the pan. Sprinkle one cup of the nut mixture over the pastry. Lay down four more sheets of the pastry, with butter brushed between them. Repeat, laying down one cup of nut mixture and four sheets of pastry, until the nut mixture is gone. Lay down the remaining four sheets of pastry and pour any remaining butter over the top.

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Score the top layer ¼-inch deep with a knife, making 2½-inch wide diamond shapes, to guide later cutting. Sprinkle a little water on it to make the dough lie flat. Bake in a 300° oven for 1 to 1½ hours, until the pastry is just a very pale gold—not browned. Cut all the way through the slashes to separate into sections.

While the baklava is cooling, prepare the syrup by boiling the honey, water and lemon juice together for 10 minutes; cool for a few minutes. Stir in the rosewater, if desired. Pour over the baklava. If desired, sprinkle the top of the baklava with chopped pistachios. Cool at least one hour before serving.

Spanakopitta

Spinach Pie

Dough:

- 1 lb. fillo sheets
- 8 oz. sweet butter, melted

Filling:

- 8 scallions, chopped
- 1 oz. (2 Tbs.) butter
- 3 lbs. fresh spinach or 3 10 oz. packages frozen spinach
- 5 eggs, lightly beaten
- ½ lb. feta cheese, crumbled
- 8 oz. cottage cheese
- 2 Tbs. semolina or whole wheat flour
- ½ cup chopped parsley
- ¼ cup snipped fresh dill or 2 tsp. dried (or substitute 1 tsp. oregano and ½ tsp. rosemary)
- Salt and pepper
- 2 Tbs. olive oil

Unroll the fillo sheets on a flat surface. Cover with wax paper, then with a damp towel to prevent drying. Cover the pile of sheets again after removing each one.

Saute the scallions in one ounce of butter until tender. Cook the spinach, drain, pressing out as much moisture as possible and then chop.

Preheat oven to 375°. Place a baking sheet on the oven shelf. Mix together the scallions, eggs, feta cheese, cottage cheese, semolina or wheat flour, parsley, dill and chopped, drained spinach. Season with salt and pepper to taste. Stir in the oil.

Working quickly, remove one fillo sheet at a time, butter and place in a 9" x 13" pan or 3-quart baking dish. Spread them out on the bottom so that they cover the entire surface, overlapping, until eight sheets remain.

Spread the filling over the dough, pushing it into the corners. Bring the edges of the dough in and fold them over the filling. Layer the remaining eight sheets, buttered, one by one; push the edges down into the sides of the pan to form a crispy edge.

Brush the top with butter and make diagonal slashes about one-half inch deep across the top, using a sharp knife. Bake for about 50 minutes, until puffed and golden.

Mushroom Strudel

- 10 fillo sheets
- ½ lb. butter
- 2 Tbs. poppy seeds

Filling:

- 1 lb. chopped mushrooms (4 cups packed, raw)
- 1 tsp. salt (optional)
- Freshly grated pepper
- ½ tsp. ground caraway or dill seed
- 8 oz. cream cheese (or substitute half cottage, half cream cheese)
- ½ cup sour cream
- ½ cup yogurt
- 1 cup fine bread crumbs
- ¼ cup freshly-chopped parsley
- 2 scallions, minced (include as much of the green as possible)
- Juice from one lemon

Filling: Steam the mushrooms and drain them, squeezing out as much excess liquid as possible. (Save the liquid for soup stock.) Cut the cream cheese into the hot mushrooms, tossing until the cheese melts. Add remaining ingredients for the filling. Mix well.

To assemble: Melt the butter. Lay a sheet of fillo flat on a wooden surface (or a formica counter) and brush with melted butter. Add another leaf and brush with more butter. (Be generous with the butter.) Continue to stack the leaves until you have a pile of five. Apply half the filling in a narrow line across the width of the top sheet; roll it up tightly. Brush the top with butter and sprinkle on 1 Tbs. poppyseeds. Using a spatula, transfer to a buttered tray. Repeat this procedure to make a second roll. Slash each roll into thirds, on the diagonal. Bake 25 minutes at 375°. Serve hot. Yields 6 servings.

Dairyless Fillo Quiche

Have ready:

- 8 fillo sheets
- ½ stick (2 oz.) melted butter
- A 9" buttered pie plate

Saute together:

- 6 Tbs. oil
- 1 medium onion, chopped

When soft, add:

- 1½ lbs. tofu (bean curd), mashed
- 1½ Tbs. soy sauce
- 1 Tbs. dry mustard
- 1 tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. black pepper
- 3 Tbs. lemon juice

Preheat oven to 450°. When the filling is prepared, spread fillo sheets over a buttered 9" pie plate so that edges of sheets overlap and cover entire pan. Trim the edges, turning edges back toward the rim of the pie plate so the crust will be even. Brush the fillo with butter. Pour filling into shell and bake for 15 minutes at 450°; reduce temperature to 325° and bake another twenty minutes. Serve hot.

Zucchini Crepes

- 6 small zucchini
- 2 Tbs. olive oil
- 2 Tbs. butter
- 2 scallions, chopped
- ¼ lb. chopped mushrooms
- ¼ cup fillo dough, dried and crumbled for fillo flakes (or bread crumbs)
- 2 Tbs. fresh parsley, chopped
- 1 medium tomato, finely chopped
- ½ cup tomato juice
- 2 Tbs. grated Parmesan cheese
- Salt and pepper
- ½ lb. fillo sheets
- 2 oz. butter (½ stick), melted

Topping:

- 2 Tbs. bread crumbs
- 2 Tbs. Parmesan cheese
- 1 Tbs. butter

Clean and lightly scrape the outside of the zucchini. Cut off ends. Cut in half lengthwise and scoop out the seeds and a little pulp. Put 2 Tbs. of olive oil in a large skillet and saute the zucchini quickly in the oil, turning over once or twice. Remove from pan and put them in salted boiling water to cover and cook for ten minutes, or until just tender. Then cut into bite-sized pieces.

While zucchini are cooking, add 2 Tbs. butter to the oil in the skillet and saute the chopped scallions and mushrooms for 3-4 minutes. Add fillo flakes (or ¼ cup bread crumbs), stir a few times, then add chopped parsley and tomato. Add tomato juice and cook until it thickens. Add the cheese and salt and pepper.

Prepare crepe by folding a fillo sheet in half (fold longer side over); fold again, so you have a square. Either cut off or fold edges of the square to get a circle. Butter the crepe.

Drain the zucchini and spoon a portion in a strip down the middle of the crepe (12 portions). Spoon mushroom and tomato sauce on the zucchini pieces. Fold one side over the filling, then fold the other side over. Brush tops of crepes with butter and sprinkle with cheese and crumbs; keep seam side up. Bake in a preheated oven 375° for 20 minutes or until golden brown.

Tiropites

Fillo Turnovers

These make lovely appetizers and cocktail snacks, and are always a hit at a party. They can be made and assembled up to a day in advance, but bake them right before serving for a crisp and flaky crust. Leftovers can be frozen, then thawed and reheated. They aren't as crisp, but still taste delicious.

Three filling choices follow. Use your imagination and any leftovers on hand, to concoct new flavors of your own.

To assemble, follow the triangle assembly instructions. Each filling recipe will yield two to three dozen turnovers,

FILLO

depending on how much you stuff them.

Pastry triangles:

- 1/2 lb. fillo sheets
- 1/2 cup melted sweet butter

Assembling the triangles:

Cut fillo leaves in half or thirds, so you have a strip of dough in roughly the same dimensions as in Step 1 above. Place one or two tablespoons of filling in center about one inch from edge (Step 1). Fold lower edge over, then side edges, as in Steps 1a and 1b.

Fold lower right-hand corner to form a

triangle (Step 2). Fold triangle up (Step 3). Continue folding triangles (Steps 4 and 5), until only a triangle is left; cut off any excess. Place on buttered pan and butter the triangle.

Spinach Filling

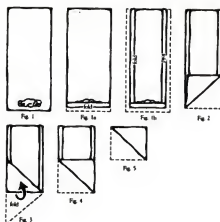
- 1 small onion, minced
- 1 Tbs. butter or olive oil
- 2 eggs, beaten
- 4 oz. feta cheese
- 10 oz. spinach, blanched, drained and chopped (or one 10 oz. package frozen spinach, thawed, squeezed dry and chopped)
- 1/4 cup freshly grated Parmesan cheese
- Pinch of freshly grated nutmeg
- 1/4 tsp. dried rosemary
- 1/4 tsp. oregano
- Salt (preferably sea salt) and freshly ground pepper to taste

Saute the onion in the butter or olive oil until tender. In a medium-sized mixing bowl, beat the eggs and crumble in the feta. Add the remaining ingredients and stir together (when seasoning, remember that the cheese is salty). Store, refrigerated, or use right away. Enough to fill two dozen tiropites.

Mexican Filling

- 12 oz. Monterey jack or cheddar cheese, grated
- 1 cup ricotta
- 2 eggs, beaten

FILLO TRIANGLES



- 1/4 cup finely chopped, fresh or canned jalapeno peppers
- 1/2 cup chopped black olives
- 1/2-3/4 tsp. cumin, or more to taste
- Salt (preferably sea salt) to taste

Combine all the ingredients and mix well. Yields enough to fill three dozen.

Tofu Filling

- 2 Tbs. oil
- 1 lb. tofu, mashed
- 2 Tbs. soy sauce
- 3 stalks celery, chopped
- 3 medium carrots, sliced thin
- 1 medium onion, chopped
- 1/4 cup snow peas or early peas
- 3 cloves garlic, minced
- 1 small green pepper, in 1/4" pieces
- 1 tsp. salt
- 1/2 lb. salt, mashed till creamy

Saute all ingredients except the last together for about ten minutes; turn off heat and add the creamed tofu.

Cheese & Egg Filling

- 2 large hard-boiled eggs, peeled
- 1/2 loosely packed cup of minced fresh parsley
- 2 Tbs. minced scallions, including some of the green
- 2 heaping Tbs. minced fresh dill
- Freshly ground black pepper
- 1/8 tsp. salt, to taste
- 1/4 lb. feta cheese

Mash the feta cheese with the back of a fork. Mince the eggs. Mix together the cheese, eggs, parsley, scallion, dill and a generous amount of black pepper. Taste before adding salt (remember the feta cheese is salty). Mix and mash gently.

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Two New Products



SALSA

The Soul of Mexican Cooking

by Camille Cusumano

SALSA. The very word brings tears to the eyes of some, an eager glow to the faces of others. In Mexico and other Latin American countries, little bowls of this all-purpose condiment are as ubiquitous as bottles of ketchup in the United States. But this reputedly incendiary blend can be much more varied and zesty than our own soul-less condiment.

Happily for those low on the machismo scale, sweat and tears need not be a given when eating salsa. The fiery element in salsa can be snuffed or kindled to suit both timid and adventurous tastes—once you warm up to the taste of the essential chili pepper.

Salsas (the word means sauces) developed from the melding of two earthy and hearty cuisines. When the Aztec and the Spanish came into contact, they also brought together the chili and the tomato. Today the variations are many and spirited—with ingredients added and subtracted for new creations. Enchiladas, Huevos Rancheros, Chiles Rellenos—all reveal their best when served in a well-conceived salsa.

Most salsas are very easy to make. The relatively few varied ingredients, always combined with chilies and tomatoes, give little hint of the complex flavors, distinct differences in taste, and real versatility in use found among salsas. In Mexico, salsas are used both as fillings and as toppings; in this country they are often adapted to dips for tortilla chips.

Most salsas are red, their degree of tanginess varying with the amount and type of chili used. Some salsas are green. The lovely chartreuse Salsa Verde acquires its color and sharp taste from the Mexican green tomato. Another green salsa, thickened with ground almonds, has a more subtle, mysterious flavor. There's even a salsa for soups—sweet and mild with the taste of avocado.

Use the salsas here interchangeably on or in any of your favorite Mexican food creations. Turn the heat in salsa up or down as you desire... or as you dare.



BAKED CHILES RELLENOS

Mexicans fry their chiles rellenos. However, baking cuts out the oil, is much quicker and tastes just as delicious. Serve the salsa of your choice with these; Salsa de Almendra Verde is especially delicious.

- 6 eggs, separated
- 4 Tbs. wholewheat flour
- 1 scallion, sliced thin
- 1 Tbs. fresh parsley, chopped
- ¼ tsp. salt
- 8 California chilies or Italian peppers, roasted, peeled and seeded
- 8 strips cheddar or muenster cheese,

3" x ¾" x ¼"

Preheat oven to 375°F. Generously butter a 13 x 9-inch ovenproof casserole.

In a medium-size mixing bowl, combine egg yolks, flour, scallions, parsley and salt. Set aside. Slip a strip of cheese into each chili and set aside.

Beat egg whites until stiff but not dry. Fold into egg yolk mixture. Spread half the mixture over bottom of prepared casserole, then place stuffed chilies on top, evenly spaced. Spread remaining mixture on top of chilies. Bake 20 minutes or until top is puffy and golden. Serves 4 to 6.

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SALSA AGUACATE Avocado Sauce

This unique sauce has a chunky-smooth texture and a mild-sweet taste.

- 1 ripe avocado, mashed
- 1 fresh California chili, finely chopped
- 1 egg, hard-cooked, chopped
- 1 Tbs. olive oil
- 1 Tbs. white wine vinegar
- 1 Tbs. fresh parsley or cilantro, chopped
- 1/4 tsp. black pepper

Combine all ingredients in a small bowl.
Yields 1 1/4 cups.

ENCHILADAS

- 10 corn tortillas
- 2 cups Salsa de Chile Rojo (see recipe)
- 3 cups grated sharp cheddar cheese

OPTIONAL INGREDIENTS:

- 1/4 cups black olives, chopped
- 1/4 cup green peppers, diced
- 1/4 cup scallions, sliced thin

Prepare tortillas as described in instruction box. Preheat oven to 350°F.

Spoon a thin layer of salsa over the bottom of a 13 x 9-inch ovenproof casserole. Dip each tortilla in salsa, coating thoroughly on both sides. Stuff tortillas with cheese and any combination of one or more of the optional ingredients.

Reserve about 1 cup of cheese to sprinkle over top of enchiladas. Distribute remaining salsa, then cheese, evenly over stuffed enchiladas. Bake for 15 minutes, or until cheese is melted and bubbly. Serves 4 to 6.

GUACAMOLE

- 2 medium avocados, peeled and mashed
- 1 tomato, finely chopped (peel for a smoother consistency)
- 1 Tbs. minced onion
- 1 Tbs. chopped fresh cilantro or parsley
- 1 Tbs. fresh lemon juice

Combine all ingredients in a wooden or ceramic bowl (do not use metal or it will cause discoloration in the avocado); mix well. Serve immediately with tortilla chips or use as a topping for tostadas. Yields 2 1/4 cups.

SALSA DE ALMENDRE VERDE Green Almond Sauce

Use this sauce on any hot dish. Especially good on Chilaquiles and Chiles Rellenos.

- 2 Tbs. vegetable oil
- 3/4 cup blanched almonds
- 1 slice whole wheat bread, torn in pieces
- 1 13-oz. can Mexican green tomatoes
- 1 cup vegetable stock
- 1 California chili, roasted, peeled and seeded
- 1/2 tsp. minced garlic
- 1 Tbs. chopped cilantro

Heat oil in a medium-size skillet. Add almonds and bread; cook over moderate heat, stirring often, until almonds begin to brown (about 5 minutes).

Combine bread and almonds with tomatoes and stock in blender; puree till smooth. Return mixture to pan and add remaining ingredients. Simmer 5 minutes. Serve immediately. Yields 2 1/4 cups.

SALSA DE CHILE ROJO Red Chili Sauce

Traditionally, this enchilada salsa is made with dried ancho chilies. But they're not easy to find everywhere, so I've substituted chili paste or ground chili (mild or hot, as you prefer). Heat this salsa with a cup of grated cheese until it melts, for a rich, spicy, hot dip.

- 2 tsp. red chili paste or 1 tsp. ground chili
- 3 California chilies, roasted, peeled, seeded and finely chopped
- 4 medium-size tomatoes, chopped
- 3/4 cup chopped onions
- 2 Tbs. olive oil
- 1 tsp. garlic, minced
- 1 tsp. honey
- 1 Tbs. red wine vinegar
- 1 Tbs. fresh parsley, chopped
- 1 tsp. oregano, crumbled
- 1/2 tsp. cumin, ground
- 1/4 tsp. salt
- 1/4 tsp. black pepper, ground

Combine chili paste or ground chili with California chilies, tomatoes and onions; puree in blender.

Heat oil in a medium-size skillet. Add pureed ingredients, garlic and honey; cook over moderate heat until mixture thickens slightly (about 10 minutes). Add vinegar, parsley, oregano, cumin, salt and pepper; simmer 5 minutes longer.

Yields 2 cups.

SALSA VERDE Uncooked Green Sauce

If you can find fresh tomatillos, by all means use them for this salsa. But do not substitute American green tomatoes. The flavor will be quite different. Serve Salsa Verde with Chiles Rellenos, Chilaquiles, Tostadas, tacos—or as an alternate salsa for Huevos Rancheros.

- 1 13-oz. can Mexican green tomatoes (tomatillos)
- 3/4 cup chopped white onions
- 1 California chili, roasted, peeled and seeded
- 1 Tbs. olive oil
- 1 Tbs. white wine vinegar
- 1 tsp. minced garlic
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. pepper

Combine tomatoes, onions, chili and cilantro; puree in blender. Combine with remaining ingredients.

Yields 1 1/4 cups.

SALSA CRUDA

Uncooked Tomato & Green Chili

This is the benign-looking salsa that sits for days in bowls in Mexican kitchens and is used on everything from rice and salads to soups and stews. If you use the serrano chili, expect a potent sauce. Use Salsa Cruda as a topping for tostadas and salads, or as a dip.

4 very ripe tomatoes

2 serrano or California chilies, roasted, peeled, seeded (see box) and finely chopped

2 Tbs. minced onions

1 Tbs. olive oil

$\frac{1}{4}$ tsp. minced garlic

Juice of 1 lime

1 Tbs. chopped fresh cilantro

$\frac{1}{4}$ tsp. black pepper, ground

$\frac{1}{4}$ tsp. salt

Place tomatoes in a bowl and add enough boiling water to cover. Allow to sit 10 minutes, then drain. Remove tomato skins. Slice tomatoes in half horizontally, spoon out seeds, chop finely and combine with remaining ingredients.

Yields $1\frac{1}{4}$ cups.

FRIJOLitos REFritos

Refried Beans

3 Tbs. vegetable oil

1 cup chopped onions

3 cups drained, cooked pinto beans ($\frac{1}{2}$ lb. uncooked)

$\frac{1}{4}$ tsp. salt (to taste)

Heat oil in a medium-sized skillet. Add onions and saute until soft, about seven minutes. Stir in beans and mash with the back of a wooden spoon. Cook about five minutes, stirring occasionally. Serves four to six.

CHILIES - Your

SALSA THERMOSTAT



The chili gives salsa its volatile nature. Chilies come in many colors, shapes and degrees of spiciness—making possible a diverse array of salsas. The hundreds of chili varieties fall into three basic categories: sweet, pungent and hot. Unless you are a seasoned chili user, it may be difficult to tell one species from another. But each type has some telling characteristics.

As a rule, green chilies (the unripened fruit of any variety) are more devilish than red, ripened chilies. Red chilies, notably rich in vitamins A and C, have sweetened slightly with maturity.

In general, narrow pointed pods indicate hotness, and the smaller the chili, the more scorching it's likely to be. Broader, more rounded pods (such as the bell pepper) lean toward sweetness. Small, narrow jalapeños and serranos, the most popular hot chilies in Tex-Mex cooking, are quite piping to most American palates. Other favorites used in Mexican cooking include anchos (similar to bell peppers but more pungent), pequin (always hot), New Mexican chilies (the mildest variety, available dried), and the mild to moderately hot California or Anaheim chili.

The California chili, about 6 to 8 inches long and 2 inches wide, is used most often in the recipes here. It's easy to find across the country—if not fresh, then canned. The best places to look for fresh chilies are in Mexican and Oriental food markets, or in super-markets near Mexican communities. Look for smooth, shiny, firm chilies, avoiding shriveled or blemished ones. If you can't locate fresh California chilies, substitute Italian peppers.

Restraint is advisable. Always add chili to any dish in small amounts at first. The unpredictable spiciness may not be apparent until it is released fully in the cooking process, so taste the food continually as you prepare it.

Taming the Heat Combine chili with other ingredients in any dish to diffuse some of its hotness. Salt, sweeteners, and acid ingredients such as tomatoes, vinegar and lemon juice all help to soften the sting.

The chili's bite (due to a chemical called *capsaicin*) is confined largely to its seeds and veins (or ribs), which you can remove easily to achieve mildness; soaking chilies in salted ice water or milk for about an hour is also effective.

Preparing Fresh Chilies When handling hot chilies, wear thin gloves to protect your hands from the volatile oils. Do not touch your face or eyes even for awhile after you've washed your hands—the irritant is persistent and may still be present.

If you use fresh chilies, you must first roast, peel and seed them. The roasting heightens their flavor and enables you to remove the cellophane-like skin. The stem and seeds can be removed before or after roasting. Place the chilies on a baking sheet under the broiler for 3 to 5 minutes until the outer skins blister and char in several spots. Remove from oven, put in a plastic bag and place in the freezer for 5 minutes. When cool enough to handle, the skins come off very easily.

If you cannot find fresh chilies for the recipes here, substitute canned green chilies, which are usually roasted, peeled and seeded, and come whole or chopped.

Preparing Dried Chilies Dried chilies, popular in the West and Southwest, are more difficult to find in other parts of the country. However, you may be able to find ground chilies (not the same as "chili powder," the spice blend) or you can purchase dried chilies by mail through Valley Distributing Co., 2819 Second Street, NW Albuquerque, NM 87107; phone: (505) 344-1623.

You can prepare dried chilies in advance and store the "paste" in a jar in the refrigerator for up to three months. If you prefer a mild sauce, use the dried New Mexican chili for this procedure. Remove chilies' stems, shake out and discard the seeds. Tear the chilies into smaller strips and place on a baking sheet in a preheated 325° oven for 7 minutes. Transfer chilies to a bowl and add enough water to cover them; allow to sit for an hour, then puree along with the soak water in small batches. You now have a chili paste that can be used to season salsas, soups, beans and other fare.

Preparing Corn Tortillas Mexicans usually deep-fry corn tortillas before filling them. Here is a quicker, healthful method: Preheat oven to 375°F.

Brush the tortillas lightly on both sides with vegetable oil. Spread on a baking sheet and bake about 7 minutes, turning once. Bake just until they are slightly crisp; use immediately. To prepare corn tortillas for enchiladas, tacos and other filled tortilla dishes, simply fold the pliable tortilla gently in half after 3 minutes of baking and continue to bake until desired crispness is achieved.



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Selenium (Proteinolate)	50 mcg.
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DEALER INQUIRIES INVITED

continued from page 20

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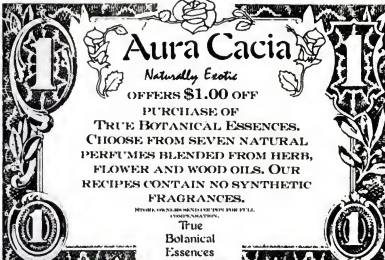
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Depression & Diet

Q Can sufferers of mental illness look to natural medicine for any hope? A friend of mine has been fighting with severe depression for ten years. Her doctors tell her that she has an unusually difficult case; they continue to experiment on her with drugs. The last time I talked to her I was amazed at what she told me: her doctor had her taking dextadrine for narcolepsy and a tranquilizer for depression, plus a few other drugs. It sounded as though her body was a battleground for warring medicines. She gains and loses weight radically, and she is emotionally miserable. Doctors say the root of her problem is a chemical imbalance in the brain, but does swallowing a wide array of other chemicals seem like a logical way to cure it?

Is there any hope from natural medicine? Could you tell us where to look? Where could we look for a doctor that treats naturally, possibly nutritionally, rather than with strong, potentially harmful chemical drugs?—R.E., Chicago, IL

A Much progress has been made in the last few years in treating severe depression and mental illness with a metabolic and nutritional approach. Depression is a new American epidemic; it is estimated that over 20 million Americans now suffer from depression, twice as many women as men.

You are right: the main cause of most cases of depression seems to be a chemical imbalance in the brain. Brain impulses are transmitted by neurotransmitters. Certain hormones and chemicals must be present for effective neurotransmission. Some scientists believe that chronic deficiency of norepinephrine (NE) causes depression. Serotonin is another neurotransmitter vital for proper transmission of nerve impulses in the brain and, thus, for mental health.

Doctors who specialize in metabolically-oriented treatment of mental illness and depression have been using such biological medicines as adrenal and thyroid hormones, lithium carbonate or thiorate and tryptophan. Vitamins with specific therapeutic value for depression are B-complex vitamins, especially niacin (a "mood elevator") and vitamin C. The Optimum Diet, supplemented with all vitamins and minerals, is important to give the body total nutritional support for its own healing activity.

To find a specialist in the nutritional approach to mental illness and depression, write to the International Academy of Biological Medicine, P.O. Box 31313,

Phoenix, AZ 85046, and ask for the Directory of Doctors. Enclose a stamped, self-addressed envelope and it will be sent free of charge. Your friend may also wish to read some excellent books on the subject, including *Nutrition and Your Mind* by Dr. George Watson (Harper & Row, New York: 1975), and *Psychodietetics* by E. Cheraskin (Stein & Day, New York: 1974). My own *Everywoman's Book* (Health Plus Publishers, Phoenix: 1979) contains a whole chapter of documented research on depression, with a complete holistic program of treatment outlined, including all suggested vitamins and supplements.

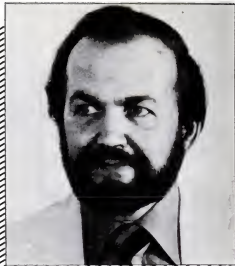
Holistic vs. Traditional Medicine

Q I read in Today's Health the answer given by a medical doctor to a question about the safety of aluminum cooking utensils. He said that notions about aluminum pots being unhealthy and supposedly releasing toxic aluminum into foods are total nutritional quackery, without any scientific basis. He said that if these notions were true our nation would have perished long ago, considering the popularity and wide use of aluminum cooking utensils.

Now, a quote from your new book, *The Airola Diet & Cookbook*: "Aluminum cookware should never be used. Aluminum utensils can leave residues of highly toxic aluminum in foods they come in contact with."

How can you explain this apparent contradiction?—Dr. J.C.H., San Diego, CA

A Today's Health is an official publication of the American Medical Association. If you are going to depend on such a source of information for guidance in your efforts to improve your own nutrition or in the management of the nutrition needs of your patients, God help you! The AMA has traditionally been ten to twenty years behind in acceptance or endorsement of virtually all innovative ideas and medical discoveries; in the field of nutrition, they



have been (and still are) thirty years behind! Just a few years ago, their publications stated that nutrition has nothing to do with disease. How many conventional doctors ever ask their patients what they eat or what utensils they cook their food in?

You must be fairly new in the field of nutrition, since you seem surprised at the contradiction between my views and the official orthodox medical views. If you continue reading this and other health publications, you will soon discover that we (myself and my colleagues in alternative, holistic, wellness-oriented medicine) disagree with the archaic, official views of crisis- and drug-oriented medicine on virtually all basic issues, especially those related to nutrition. As you know, nutrition is not taught in medical schools. Consequently, the average housewife who reads health books and magazines knows more about nutrition than most doctors do.

There are, however, a growing number of nutritionally-oriented doctors who are self-educated in this vital area. My guess is that at least 25% of all doctors in America are now including nutritional guidance and suggestions in their practice.

Avoiding Stretch Marks

Q When I had my baby 18 months ago, I was about 50 pounds over my regular weight. I nursed my baby until 3 months ago and loved it. But I guess the breast skin got really stretched because,

Dr. Paavo Airola holds a Ph.D. in nutrition and biochemistry, an N.D. in naturopathic medicine and is the author of fifteen books. His book, *How to Get Well* (Health Plus Pub., Phoenix, AZ), is regarded as the most reliable reference manual on natural healing by many doctors and laymen. In answering questions, Dr. Airola does not diagnose illness, nor prescribe treatment. If you have a specific problem, consult your doctor. Send questions for Dr. Airola to Dr. Airola, c/o Vegetarian Times, P.O. Box 570, Oak Park, IL 60303. Individual replies are not possible, but all letters are forwarded to Dr. Airola.

now that my weight is back to normal, I have a 70-year-old's chest; my bra size is smaller than ever, and my breasts are sagging and shapeless. I took at least 400 units of vitamin E a day during pregnancy and still continue to do so. But the stretch marks I was trying to prevent are there. Exercises haven't seemed to help. What can be done to prevent stretch marks?—M.S., Los Angeles, CA

A Stretch marks are the result of a body's weakened cellular and collagen integrity and an inability to meet the demands of stress; the skin is not elastic enough to shrink back to its original size without leaving marks. Deficiencies of vitamins and minerals are definitely involved, particularly deficiencies of vitamins E and C-complex, zinc, silicon and pantothenic acid. The deficiency of mucopolysaccharides may also be involved.

As a starter, your 50-pound weight gain during pregnancy was way too much! Ideally, the weight gain should be approximately 24 pounds. This could be the origin of your problem. Also, in addition to taking vitamin E internally, you should apply vitamin E mixed with olive oil and vitamin A externally to stretch-mark prone areas, such as the stomach and the breasts. Without such application, stretch marks are bound to result from weight gains as great as your own.

Incidentally, breast-feeding itself does not cause stretch marks on the breasts, though they will become stretched because of engorgement with milk.

Often, stretch marks fade over time, and the tone of the muscles supporting the breast can be strengthened through exercise. To prevent more stretch marks from developing in future pregnancies, here's what you can do:

1. Build your body's nutritional integrity to the optimal level by eating a grain-centered, well-balanced diet for a full year prior to and throughout the pregnancy.

2. Take all the vitamins and supplements suggested in *Everywoman's Book*, especially vitamins E and C, the minerals, including zinc and silicon, and the bioflavonoids. Take horsetail tea for silicon.

3. As soon as you know you are pregnant, begin a daily routine of gently massaging your body, especially the breasts, abdomen and buttocks, with a few drops of my special "Formula S." Morning and/or evening, after a bath or shower, are the best times.

FORMULA S

4 Tbs. virgin olive oil, cold-pressed
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Mix the ingredients in a little jar and keep refrigerated, tightly closed. Make

a new batch when the first one is gone. Add a few drops of a pure, natural perfume (essence of flowers) if you and/or your husband prefer.

4. Aloe Vera gel, applied externally, is also helpful.

Hot Tubs May Not Be Such a Hot Idea

Q What is your opinion of hot tubs? My wife wants to have one installed in our back yard. Are there any health benefits or dangers?—M.P., Houston, TX

A Many people claim they are able to relax in their hot tubs, but along with the benefits of relaxation, the use of hot tubs may carry with it some real health dangers, depending upon who uses them, what chemicals are used in the tub and how often the water is changed.

It is worthwhile to point out that your skin is your body's largest organ of elimination. Up to 1/2 of all bodily toxins are eliminated through perspiration, and the composition of sweat is very similar to that of urine. Imagine the dozens of people who might use your hot tub during the course of a month—or even a year. That could amount to a lot of human perspiration. Would you want to sit in someone else's bath water that was a month old?

Although filters remove many of the sediments which may get into hot tubs, they do virtually nothing to clean out uric acid, urea and other human wastes. Some of the infectious elements which may get into your water include microorganisms which may cause vaginal infections, yeasts, candida, trichomonas, nonspecific urethritis, herpes—your name it. All of these things, and more, are washed into the brew, which thickens by the day. Some of these bacteria are resistant to chlorine.

Medical journals report an outbreak of a new disease among hot tub users, called *Hot Tub Dermatitis*, which results in red, itchy lesions all over the body. Dr. Michael Franzblau, a Marin County dermatologist, says, "We usually see a new outbreak of Hot Tub Dermatitis after private parties." The problem is reportedly widespread, a mini-epidemic.

Then there is the danger of the chlorine itself. Chlorine is one of the recently recognized carcinogens. Hot tub owners are advised to use higher levels of chlorine to prevent infections. This exposes bathers to chlorine fumes which they breathe constantly. Also, chlorine is absorbed through the skin, and absorption increases when the pores are wide open (as they are when soaking in hot water).

As you can probably tell, I'm not a big fan of hot tubs.

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Judaism and Vegetarianism

BY RICHARD SCHWARTZ, PH.D.
(EXPOSITION PRESS, SMITHTOWN, NY,
1982, 158 PP., \$10 HARDCOVER, \$6
PAPER)

That Israel is the "Western" nation with the greatest proportion of vegetarians, and that ethnic Jews predominate among America's animal rights activists, are not merely coincidences. Richard Schwartz's *Judaism and Vegetarianism*, merely by being written, signifies that something is stirring within contemporary Judaism, and it is not just chicken soup.

Though vegetarianism has spoken primarily through Hindu and Buddhist sacred texts, *Judaism and Vegetarianism* proves that the humane diet can also carry the cultural cargo of the narratives and symbolism of the Jewish tradition.

The author gathers his Judaic material primarily from the Torah, Talmud and modern rabbis and scholars. He similarly paraphrases and quotes about vegetarianism from the diet's own "bibles." Thus the section on factory farm cruelties is drawn from *Animal Machines* and Peter Singer's *Animal Liberation* (New York: Avon); on the healthiness of vegetarianism and illnesses from flesh-eating from Nathaniel Altman's *Eating for Life* (Wheaton, Ill: Theosophical Publishing) and Vic Sussman's *The Vegetarian Alternative* (Emmaus Pa.: Rodale Press); and on the sociological and ecological consequences of eating high on the food chain from Frances Lappe's *Diet for a Small Planet* (New York: Ballantine).

In that it offers little that qualifies as original, the book cannot be judged solely by its accumulation of information and anecdote. But, as with the protein enhancement of beans and grains in the same meal, *Judaism and Vegetarianism* combines religion with nutrition for reader enrichment.

Strong arguments are presented for observant Jews to practice vegetarianism. For instance, Judaism ordains blessings to be recited for fruits and vegetables, but none for flesh. Hunting for sport is forbidden. The Bible commands humane treatment of animals, but the cruel conditions under which factory farms produce flesh food today are contrary to any the Torah would endorse.

By not eating meat, a kosher Jew need

not be attentive to keeping separate dinnerware and pots and pans, and will never violate prohibitions against mixing meat and milk, and against eating fat and blood.

Richard Schwartz also provides a detailed exposition of Jewish culture, and concludes that insofar as Judaism and vegetarianism both are concerned with doing good deeds, feeding the hungry, pursuing peace, preserving health, conserving resources and showing compassion to animals, then vegetarianism is the diet most consistent with Jewish values.

Judaism and Vegetarianism whets the appetite to investigate farther within a relatively unexamined area, which I can vouch from personal experience, is welcoming, interesting and controversial.

—Mark Mathew Braunstein

The Vegetarian Child

BY JOY GROSS
WITH KAREN FREIFELD
(LYLE STUART INC., SECAUCUS, N.J.,
\$12.00, 1982)

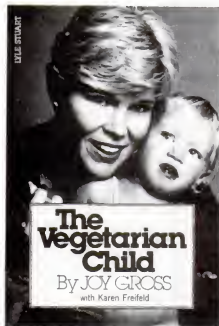
Let's suppose that you're the parent of a teenager or young adult who has recently adopted a vegetarian diet. If you're like most people, you're probably a bit concerned: concerned that your son, daughter or grandchild is not going to be getting all of the protein necessary for good health. You may feel that meat is essential to good health and you're worried.

Or, let's suppose that you're a parent and you have recently adopted a vegetarian diet and you're wondering how to introduce the diet to your family.

In either case, Joy Gross' new book, *The Vegetarian Child*, will provide you with the kind of commonsense, basic information which you may be seeking.

Whether your concern is trying to understand and accept your child's vegetarian diet, or whether it's getting your children to understand your vegetarian diet, you'll probably find this book helpful.

Joy adopted a vegetarian diet when she was a teenager—more than 30 years ago. At that time vegetarianism was really unusual, but Joy survived the peer pressures and the concerns of her family. She went on to raise several children of her own (as vegetarians) and is now one of the



leading vegetarian voices in the U.S. In addition to this book, she is the author of *Thirty Days to a Born Again Body* and runs the Pawling Health Manor in Hyde Park, New York. Joy is a frequent lecturer and has gained quite a following. In short, she is well thought of in whole food circles.

In ten easy-to-read chapters Joy outlines why vegetarianism is increasing in popularity and, point-by-point, she explains dietary fundamentals. She covers all the basics: proteins, vitamins, minerals and fats in simple terms, spiced with amusing anecdotes. The book also contains a chapter on "getting started" and has many pages of basic recipes. There are sections for parents on dealing with some of the other problems they may confront when dealing with their offspring's vegetarianism and there are hints for parents who are trying to introduce their kids to a more wholesome way of eating. In short, the book is an overall primer for vegetarian parents.

There are more detailed books about nutrition and there are better cookbooks, but for people who are looking for basic information about nutrition and whole foods, *The Vegetarian Child* is one of the best we've come across in quite some time. And, for parents who need either advice or moral support in understanding their child's vegetarianism or in trying to convert their kids to a healthier way of eating, this may be the best book to have around.

—Paul Obis

Climbing Over Illness

It seemed as if Stan Zundel had everything. At 56, he was a vice-president at one of America's largest banks, president of the Santa Monica, California, Chamber of Commerce, and he had been named Man of the Year by sixty Los Angeles-area service clubs. He had served in many civic organizations and was well-known and respected in his hometown of Mar Vista, California.

The only thing Zundel didn't have was good health. Tension and stress from his high-pressure job at the Bank of America resulted in ulcers and high blood pressure. He had suffered a series of strokes and three heart attacks, and had contracted a skin cancer which spread to his vital organs. Doctors told Zundel he had only two years to live.

Today—fourteen years later—Zundel is an accomplished mountain climber, with three climbs up the Spire of the Lost Arrow in Yosemite, California and ten trips up the fabled Matterhorn in Switzerland to his credit. He's healthy and energetic, devoted to a vegetarian diet, strenuous exercise and positive thinking.

Now 70, Zundel attributes his newly-found health to his new lifestyle.

"I decided to counterattack," he explained. "All of a sudden I had to think of dying. The biggest thing I had to do was challenge the fear—the fear of dying." He says he believed that his cancer was caused by virus, and he knew that laboratory-created adrenalin kills certain viruses. Zundel thought that adrenalin created by his body would kill the viruses causing his cancer. Being an acrophobic—completely terrorized by heights—he figured that all he had to do to get his body to produce adrenalin was to expose himself to heights.

"At 56, I looked to the mountains and was sure that if I could conquer them, I could conquer disease."

Zundel began to build up his strength by exercise and a change in diet. His first climb was a mere 250-foot-high rock monolith; after five months of vigorous exercise and climbing, he decided to try the Matterhorn. He admits that when he first started climbing, the vertigo he experienced often caused him to panic. But now, after 14 years,

he feels "fear combined with composure" as he scales the mountains—not the crippling, panic-ridden fear he knew before.

"For every ailment and impairment of advancing age, there exists a corrective therapy," Zundel says. His healing regimen is based on six cardinal principles. The first is the violent exercise of mountain climbing, plus other forms of vigorous exercise. The other principles are positive thinking, proper vegetarian nutrition, emotional serenity, mental balance and objectivity and spiritual control and direction of the body.

The Cancer Federation gave Zundel its "Inspiration of the Year Award" and named him "Man of the Year" in 1979. He

began to speak to groups of cancer patients about his experience, and has produced four films and a book, *I Climb to Live* (Los Angeles: S.L.Z. Enterprises). One of his films, "Lifeclimb," has won awards in the United States and Europe. It shows the climbing of the Swiss Matterhorn and the Spire of the Lost Arrow in Yosemite.

Zundel emphasizes that strenuous exercise—and especially mountain climbing—may not be the cure for every individual but he believes that to conquer ill health, people should push themselves beyond their capacity. "I found health and transcendence on a mountain," he said. His challenge and advice to others is to "find your own mountain, and then climb it."



When cancer threatened his life, Stan Zundel fought back with the combination of a meatless diet and strenuous, adrenalin-producing mountain climbing.

The Carrot and The Stick

(A column in which the editors of *Vegetarian Times* spotlights activities we feel are worth remembering and others we wish we could forget.)

A **STICK** to the manufacturers of **honey dipped** pineapple products. According to a source in the health food industry, "No honey ever touches these fruit candies. . . the term 'honey dipped' refers to what the fruit processors call 'honey sugar,' it simply means sugar heated to a point where its consistency is like honey." . . . **CARROT** to **Susan Langman**, an officer with the **Rochester, N.Y. Police Department**, who initiated a program in which the Rochester police sends flowers to victims of violent crimes. . . **STICK** to chicken magnate **Frank Perdue** first for using intense overcrowding to house his broilers, and second for having the audacity to go on radio in his own commercials and boast, "Our chickens have nice homes." . . . **CARROT** to **Matt Venturi**, a graduate student who, as part of a study, developed a whole foods program for children at the St. Aloysius orphanage in **Cincinnati, Ohio**. Fresh fruit juices replaced soda and Kool-aid, whole grain bread replaced white, etc. Mr. Venturi was able to "significantly" reduce hyperactivity in the children. But the victory was short-lived. . . A **BIG STICK** to the administrators of the orphanage who switched the kids back to the regular diet after the experiment ended. (Nice try, Matt!) . . . **STICK** to whoever's responsible for this one. Recently, **Evian Waters of France** released the results of its own test informing the people of Beverly Hills, Ca. that their water contained "harmful carcinogens." Alarmed, the city called the federal Environmental Protection Agency to investigate. The agency's findings contradicted those of Evian. "We consider the water to be safe," the EPA told the town. Who would you trust? . . . **STICK** to the **USDA** for backing down in the face of industry pressure. That agency has decided to review its modest dietary guidelines because of complaints from the American Meat Institute and other vested interests who maintain, among other things, that "there is no evidence linking cholesterol to heart disease." The USDA says it will study the problem for the next year (See *News Digest* this issue).

Pop star **Christopher Cross** surprised his fans recently with a forty-pound weight loss—the result of his new vegetarian diet. Cross rose to fame with his songs "Ride Like the Wind," "Sailing" and the theme song from the film "Arthur."



GLORIA SWANSON was one of the few Hollywood stars to make the transition from silent films to talkies. She was also the first to embrace a natural foods, vegetarian diet. 1927 was the year Babe Ruth hit sixty home runs; it was also the year Gloria Swanson became a vegetarian, according to a friend of hers, Victor Mobile of Chicago. That year she visited a naturopath, complaining of stomach pains; the doctor put her on a cleansing fast and she was so impressed with the effect of diet on her health, she began to study nutrition and put what she learned into practice. Raw and steamed vegetables became mainstays of her diet—long before the world learned of protein complementarity or tofu. Probably best known for her 1950 role in "Sunset Boulevard" with William Holden, Swanson—born in 1900—died of a stroke this April.

ODDS AND ENDS Parents who are distressed by the way animals are portrayed in children's stories may want to get a copy of Barbara Freedman's **Guide for Putting Humane Books into the Hands of Children**. One hundred children's books are classified as Kind (promoting a humane ethic), Nice and Cruel (includes cruelty to animals). The plot synopses give parents a chance to judge for themselves whether their children should read a certain book. The 35-page guide is \$3.00; order from Freedman, 261 Orchard St., Delmar, NY 12054. . . **The Jewish Vegetarian Society** is getting its act together and putting some of its members on the road. The group has re-organized at its Baltimore office (P.O. Box 5722, Baltimore, MD 21208; phone 301-521-3061) and is organizing tours of the Mid-East. . . **Sharon Yntama**, who had such a big hit with **Vegetarian Baby** (Crossing Press, Trumansburg, NY) is following it up with a work tentatively titled "The Vegetarian Child." She's looking for anecdotes from parents who've had interesting experiences with veggie kids (kids say the darndest things!); write her at 220 Utica St., Ithaca, NY 14850. . . By the way, Sharon, we hate to have to be the first to tell you this, but a new title for the book may be in order (see page 58).

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CHEW-ON-THIS

Love or money. British physicians may not earn much money by American standards. Even in England, the British MD's are not at the top of the pay scale, earning only \$32,000 before taxes. But money isn't everything. Recently, a survey of Britishers reported in *The Sunday Mail* disclosed that British physicians ranked second only to "bobbies" (British police) in terms of prestige.

The \$6 million man is here. Every year 2-3 million Americans have artificial parts implanted, says Blue Cross/Blue Shield. Human parts is now a billion-dollar business. The latest artificial parts include kidneys, pancreases, knees, skin and tongues. Using a skillful combination of surgical technique and a variety of natural and artificial materials, some physicians can now improvise hips, fingers, ankles, toes, heart valves, veins, bladders and intestinal walls.

Dumped for dump site. The 900 residents of Naturita, Colorado got a big disappointment in March when they learned that their town was regarded as "unsuitable" for a nuclear disposal site.

City officials had tried to encourage Chem-Nuclear Systems, Inc. to open the nuclear dump in their town because the dump would provide about 100 jobs. However, after studying the geography, Chem-Nuclear said the town was on land that had too many geologic faults and often experienced flash floods.

Local officials expressed disappointment, but understanding.

Generic hamburger. Convinced that many people just want the lowest price when they buy a burger, John Galardi has opened up a generic, no-frills hamburger chain in Santa Ana, Ca. By April, there were one dozen Original 39¢ Hamburger Stands and business is so good, Galardi is opening stands at the pace of two per week.

"Hamburger Stands are the K-Marts of fast food," says the entrepreneur. For 39¢ customers get a burger on a bun with ketchup and lettuce but no onions, lettuce, tomato, et al. The Hamburger Stands don't have potted plants, styrofoam packaging, designer smocks for employees or secret sauce. Customers can wash down the burgers with generic cola for another 39¢.

Amazing man hasn't had a bite of food in 18 years



Crooks steal \$2m but can't cash in

By this institution
In one of the most astonishing cases in medical history, diet pioneer Wiley Brooks has lived for 18 years without food — **intentionally** eat air.

The **discovery** Brooks has not had a bite of solid food in nearly two decades. His doctor wrote an occasional glass of lemon juice and water. Brooks has amazing air diet in the secret of eternal youth.

HE EATS ONLY AIR

has strange personality, says his doctor. I can't tell you how long he's lived without food. I can't tell you how long he's lived without food. I can't tell you how long he's lived without food.

"Harmless" Cigarette Is Sweeping U.S.

From the annals of dietary oddities comes Wiley Brooks, featured in *The National Enquirer* (above); he calls himself a "breatharian" and says his nutrition comes only from the air. The man on the right, lifting 400 lbs., fuels his weightlifting with eggs. 24 a day. Not fried, not scrambled. Raw.

Where the rich live. Half of the ten highest-income counties in the U.S. are in Alaska. The residents of Alaska's Bristol Bay County top the list with a median household income of \$46,700. In the lower 48, the most affluent county is Colorado's Douglas County. The 28,500 residents in Douglas have a median income of \$40,475.

No soap for Dr. Bronner. Longtime health food followers will probably remember Dr. Bronner for his famous "All One" soap labels. Dr. Bronner, a blind rabbi who started his "All One Faith in One God State Universal Life Church," sold Peppermint Oil Pure Castile Soap in plastic bottles. The labels contained proverbs and Dr. Bronner's own list of commandments. The bigger the bottle of soap, the more commandments you got.

This was all well and good, until Bronner declared that the money received from the sale of his soap was tax-exempt because the labels espoused official church doctrine and because the soap was church property. It was a weak defense, at best, but when Bronner failed to pay any taxes on his personal income, the tax court viewed it as a slippery move.

"Cleanliness may be next to godliness," the tax court ruled, "but the money is still taxable income."



Let the consumer beware. Virginia Knauer, director of the U.S. Office of Consumer Affairs, has some advice on how consumers should interpret some favorite expressions of salesmen: **Just sign here:** stop immediately and read.

Secret cure: could mean quack; ask your doctor.

Let me show you something better: the old "bait and switch" ruse—probably illegal.

Natural: frequently a lot more expensive. **Charity:** check it out.

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